

Since 2020
(My Experiences As An Unwitting Being of Light)

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Re-Remembering Me

1.0 Since 2020
(My Experiences as an Unwitting Being of Light)

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Hello,

I have written the following to share with you my experiences over the past few years.

I didn't know what a being of light was before 2020 but, in 2020, I started to have experiences in the "quantum" and, from these experiences, I realised something significant was happening in our world and that I have (we all have) a role to play.

We all matter greatly in this great awakening as we enter into the golden age; the Age of Aquarius.

So, since 2020, I have been on a path of discovery; understanding the world around me and understanding me, as a spiritual being; a being of loving light.

A Thank You

This path was very lonely at first, as I felt no-one I loved in my life would understand...I did try to explain, but it's unfair to expect someone to understand or believe when I didn't completely understand either and I only believed because I happened to be the one to have experienced it!!

Anyway, my journey has led me to some awesome people, namely: Brice, Holly and Emmie.

Brice Watson (<https://www.youtube.com/@EsotericAtlanta>) has been a haven for me, a dear friend.

I started to email her in 2022 (not expecting her to read my emails but because I felt a natural nudge deep within me to share my experiences with her albeit, with her inbox).

Brice read my emails...all of them, and there were a lot of them!!

I have learned a lot from Brice and from her content on YouTube.

Brice's shadow work challenges (in November 2022 and January 2023) have changed me completely.

Brice's presence (and influence) in my life has been instrumental to my growth.

I don't think I will ever be able to express the depth of my gratitude but I know I will always feel it.

I have grown exponentially with the help of Holly Jo Bouchard (<https://www.youtube.com/@QuintessenceHealingArts>).

Holly never ceases to amaze me with her wisdom, breadth of knowledge, experiences and talents.

Holly is also an exceptional healer.

And, Emmie Simpson (<https://www.youtube.com/@TheMommaboo>),

Emmie is an amazing healer too, and a down-to-earth wise loving soul...as are Brice and Holly.

Putting together the content (of what follows) is my way of saying thank you to Brice, Holly and Emmie for the generosity and kindness they have shown me.

My Experiences

The following includes my emails and posts describing some of my experiences, thoughts and some downloads of information that I have received.

(The posts are taken from various chats on Signal including: one set-up by Brice and another by Holly... I have found both to be beautiful communities of friendship, love, laughter, healing and wisdom).

I should mention here that the information (and understanding) I present here was obtained as a result of (having been guided to) look within for the answers rather than to refer to external sources (such as books, etc). This has enabled me to be in the heart and not in the mind.

So, I hope the information resonates with your heart too as it has all come from a knowing deep within me.

We are all on our own unique journeys (whether we are aware of this or not!!) but, given that we are one; one inter-connected tapestry of consciousness, we are also walking each other homeme quoting Brice quoting Ram Das!!

My Hope

Thank you for finding these writings.

I hope you will find them of some help to you and, perhaps, they may open the door to new thoughts and ideas; expanding your awareness in a nice way.

I also hope you find these writings to be an enjoyable and interesting read that empowers you.

I hope you find gems of information that resonate with you (either consciously or deep within your knowing) and, in these moments, you are inspired onwards and inwards on your own beautiful and magical- though sometimes bumpy, journey home to your true unique wonderful you.... a bright unique beam of loving light.

My love to you and to everyone, Hema (September 2023) x

A side note:

I'm just going through everything...omg, there's so much to sift through!!

I think the best way to do this would be to group the emails and posts together into specific topics (rather than just post everything in chronological order).

Going forward, I shall add anything new that may be of interest to you here as and when I post on Signal.

So far, reading through the emails, I think it's important to say here that given the things I have done/experienced, to someone who doesn't know me, an image of someone I am not would likely be created in their mind.

It's important to say here: it was only because I was authentically me that I did those things.

I am simply me (a shy empath); someone who would find herself in situations and acted from her heart (with trust and openness) moment-to-moment.

You are just as gifted and capable....very likely, more so.

I hope you will find, as I have done, that as your gifts and talents are revealed to you (in your own divine timing) that they feel very natural; fit like a glove, and have a feeling of: "of course!"..."that feels very me", "I'm home".

What will follow are some of my experiences, thoughts and interpretations. Please always go within to feel for the truth.

My hope is that, as you read, a knowing or recognition or familiarity will be sparked deep within and something magical will begin to awaken within you...the true magical you will begin to blossom and you will begin to embody and naturally express your divinity.

As crazy as it may sound, we have all chosen to be here to re-remember or re-discover our unique essence; to awaken to the fact that we are each unique fractals of Source or Sophia or Creator or God; here to uniquely experience and uniquely create together.

This re-remembering involves the letting go of our minds' needs (to want to control and to limit ourselves to what is known as dictated by others) and to, instead, surrender to a divine trust; to surrender to the heart (our divine guidance and divine intelligence that is omniscient, omnipresent and omnipotent).

It's a privilege to be walking this path home with you.

A further note:

I referred to the "quantum" in my introduction above.

What I am referring to here is a place of higher consciousness.

It's very similar to when you imagine something... you create a "setting" in your mind's eye in which you make all decisions. You are fully in control of what is imagined.

In the "quantum", however, there are often other active people (or beings) there too and things happen independently of you.

I have found that I am able to "see" not with my eyes but through the feeling of the energy of things.... my interpretation of energies creates what I see.

(This "reading of energies" is similar to when you walk into a room, and you can immediately feel the energy or when you feel the nudge to ring someone and they pick-up and immediately tell you that they were about to call you!!).

When I have had such experiences (in the quantum), they have unfolded naturally; at my own pace. Each occasion initially felt like a gentle invitation into the experience.

I would find myself (in my mind/consciousness) in a “setting”.... I either pulled away from it or followed my heart into the experience (my heart naturally expanding into the experience).

I often feel a hot disc on my back, behind my heart..... this is my connection to my higher self.

A constant companion and trusted guide; this disc warming up if a “yes” and no change if a “no”.

The “quantum” is fluid in nature...I may be “here” but then move over “there” by simply wanting to be “there”.

The above is just my interpretation- I hope it makes sense.

Oh, and another thing(!!)...my understanding is that:-

1. the veil is the physical border between densities; each density holds specific levels (or vibrations) of consciousness.

2. a dimension, as i understand, is the context (realm) in which consciousness finds itself (experiences itself); a realm being experienced at different levels of consciousness.

3. going within relates to getting to know our own unique consciousness (free of external influences/experiences) involving Source, soul, higher self, inner sun, etc. This is often referred to shamanic journeying.

4. the aether is the “doorway”; one side of the door consciousness holds its full potential and the other side of the door, consciousness is embodied (takes a physical form).

Note: items 1 and 2 above relate to when consciousness is embodied and item 3 relates to when consciousness holds its full potential.

This is my understanding x

...one more thing(!!!)

I mentioned above that I am a shy empath, Generally, I was and am in the habit of keeping things to myself as I have found talking about things has often led to me either being misunderstood or not understood so it was always easier to keep things to myself.

But, an unexpected “trend” for me on this path has been the presence of a strong nudge to share. I think the purpose of this is to help enable the process of re-remembering to whomever may be drawn to read my words.

So, I hope you see yourself in my words; a warm invitation to get to know your true self.

Having said that, the following post fits nicely here i.e. please do not look outside of yourself as you have all the answers within you:

(17th March 2023, post)

hi, i think it's really important to say that i love the fact that i can speak freely here but i realise that what i say is often extraordinary or out there.

like you all, i am on a journey of discovery.

i am following my heart into the unknown and, by doing so, i am learning more and more about myself; discovering aspects i had no idea about.

i will stumble and make mistakes but the important thing is that i learn and move forward.

i'm finding with each day (step) i am becoming more self-assured.

what i am trying to say is that please do not automatically trust what i might say. always go within because our magic is in our uniqueness.

we are one; together, but as a collective of unique beings.

we are connected by a loving consciousness (sophia) but we are beautifully unique and here to live a unique and magical life x

List of Contents

I thought it might be helpful to have an organising structure by way of an overview and a list of contents.

The information can be grouped as follows:

- i. Re-remembering me (posts: 1.0 - 1.15)
- ii. One big family. (posts: 2.0 – 2.8)
(We are never alone as we re-remember; we are lovingly held and supported by loving beings).
- iii. Organic and inorganic systems. (posts: 3.0 – 3.6)
(The world we choose to create; to live in freedom and abundance or to live within imposed structures of control and scarcity).
- iv. Closing comments (post: 4.0)
- v. Our Continued Walk Home

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One final thing.....i promise!!

As you read on, you will (very quickly!!) notice many mistakes and so, I offer my apologies now.

(9th April 2023, post)

hehehe....typos, rogue commas, missing the odd word out are becoming less noticeable!! par of the course!!

(24th April 2023, post)

i read a post after a few minutes of posting it and was horrified at my poor grammar, spelling and structure....hehehe ...yes, i did go to school and english is, indeed, my first (and only) language x

in other words, i think we all have "signal" eyes when reading each others posts!!

Also, as you read, you may not understand (for the moment) what is written and this is fine or you may not agree which is fine too.

(11th April 2023, post)

hi ...

...

in terms of what i may write:-

i think the purpose of it is for it to be read, not necessarily understood at the time of reading, but that the reader becomes conscious (or sub-conscious) of the ideas put forward.

the understanding comes when these ideas naturally become a part the reader i.e. it is the logic the reader naturally refers to to understand a situation.

so rather than an abstract intellect to be imposed on things (3d knowing) it's more of an integrated wisdom/beingness that understands the nature of things (4d+ knowing).

i hope this makes sense x

(9th February 2023, post)

in terms of the information....if it resonates, then it belongs to you too; to share or to make it your own.

(8th March 2023, post)

hi ..., thank you for your kind words.

i don't consciously tap into source, i just seem to find myself in situations and navigate those situations in the moment.

always heart-led and everything opens up/unfolds naturally.

it's like i'm invited in when i am needed.

i did feel relieved when i posted yesterday meaning, it was the right thing to do.... i was waiting for a prompt or a nudge but it did not come. i think i had to own it, and act accordingly.

the new earth is ours, and so we need to "own" our actions (i think) x

Re-Remembering Me

1.1

Re-remembering Me (An Introduction)

1.1 Re-remembering Me (An Introduction)

1. How Little I Knew Myself

i. Body

As I look back at the person I was before 2020, I smile at the funniness of me. I had lived in my body my whole life to that point and yet knew very little about it. I have since learned (from Brice) that my body is an energetic expression of my consciousness and it has incredible intelligence.

I am now more aware of the energy in my body: my chakras, my dosha make-up, the divine feminine (left) and the divine masculine (right) and the dance between the two. And with this awareness, I am able to listen to my body as it communicates with me.... "me" working together as one inter-connected whole, not perfect but getting there.

In 2016, I did experience the amazing intelligence of my body:-

(6th October 2022, email)

*...
for some reason, i had always felt that having a routine was not-a-good-thing (dangerous!!)...so, i would always mix things up a little...leave a few minutes early or later, try something new or do things differently, etc, etc...had no idea why i felt this way, didn't question it.*

but, for some reason and for the first time, i got into a routine of jogging early in the morning (like clockwork). i fell in love with jogging (2014-2016), and i had never been so fit!!

while jogging one september morning (2016), a loud voice told me to "go around, don't go there!" but i ignored it as it was illogical. so i continued my run along in a straight line, but i ran straight into a cloud of something...."eww, what was that!!" but i carried on running.

a couple of days later, i was in bed with the worst flu ever....i was ok with that as i had had flu before and i had always had the best sleep ever plus always lost weight!!! i needed the rest as i had been working hard...that was my thinking!

but the flu didn't go away, and my sister was concerned after a week as i was very weak and insisted that i book an emergency call with my doctor.

i was woken up by her on the morning of the call to remind me what i should say, etc (emergency call scheduled for any time during that morning).....had she not called i think i would have died in my sleep (really peacefully....weaned off my breath).

but as it was, {my sis} had called and as i was talking to her i felt my body go into a spasm...i quickly said "ok, thanks bye" and then watched as my body quickly assessed what was wrong and what action to take...i was watching really impressed with my body!!! but then my body said that it needed to shut down...there was nothing it could do. it was overwhelmed.

"what, no!" and then a voice behind me said "breathe" and so i breathed slowly and deeply. focused.

as soon as i did this and my body had relaxed, i felt in my body again and a sequence of actions by "a hand" went into play.....the doctor called....my mum came

into my room having spoken to my sis, went to see the doctor immediately, the doctor referred me to a&e and i was immediately put into the acute ward (on the "list" i.e. intensive care unit fully briefed)....i had severe community-acquired pneumonia.

i was in hospital for 9 days, and i half expected to be visited by the police as it felt that someone had "planted" that cloud....and that i must have been one of many to have experienced it.

.....

while in hospital, after i was well on the way to recovery and able to think, i began to think "what was that behind me" when i was so focused on my body as i had gone into spasm. i think had i not been so focused on my body but had turned around, i would have been absorbed into a loving embrace...i would have died.

i have mentioned before that i can be a little bit dopey and i think this was one of those times...it never occurred to me that i was going to die...i had a life to live!!!! anyway, ... there is a really cool aspect of ourselves that we are not aware of and that completely impressed me as i watched it in action (as i was not in my body to interfere with it!).

.....

p.s. i have not exercised since 2016.....so thank you x

ii. Me

Unlike my relationship with my body, since the early 2000s, I had a persistent niggle deep within telling me that something was wrong because while this was my life, I had very little say in how to live it:

*(22nd January 2023, book club post: "Polishing the Mirror" by Ram Dass)
(page xix): "i felt the psilocybin introduced me to my soul"...i'd love to know how you all experienced this moment (of introduction) in your lives.*

for me, i had lived my life by the rules and was very much on the road to building an evermore "successful" life but i felt i was missing from my own life!!....this was my life but i had very little control or say..."who makes these rules anyway!??!" and i noticed that most people saw only my "labels"/"things" and not me.

*so my introduction to my soul was simply as a result of me searching for me.
i didn't know that that was what i was doing at the time- simply, something felt very wrong and it felt right letting go/letting things crumble around me.*

*my introduction to my soul came in the form of my inner-voice.
by just listening to this very quiet voice within, i felt solid and i felt "led" along my own unique path.*

rather than being led by knowledge and habit (the "static" known), i followed my intuition and feeling which cultivated a natural creativeness and expansiveness....i liked the "me" i was discovering.

this is why i loved "untethered soul" by michael singer...this book explained to me what i had been doing.

....

oh- also, just wanted to add that "my awakening" was inward looking. i was not looking for connection or meaning outside of me.... i was just looking for me, so the answer could only be found within me.

had i been looking for enlightenment or seeking spiritual meaning, i would have looked outward.

i don't think it matters what path is taken as all paths lead to the same place- the realisation that we are unique expressions of the divine x

(25th March 2023, post)

...

i left a career to start out on my own.

it is scary and daunting (for the ego) but then with the lack of outside influence (structuring my day, thoughts), i found i was able to listen to the quiet voice within....

(22nd May 2023, post)

...

it's a big leap (very scary, as the corporate world provides a safety net in many ways: predictability in terms of daily routine and income but also the social acceptance thing ...) but stepping into the "abyss" is actually stepping into abundance (a blank canvass) and stepping into who you are (a chance to create your life in your own way).

so, i'm happy for you and excited too....wish you every success ... x

(16th April 2023, post)

lesson106 {from A Course In Miracles}

"quiet in power, strong in stillness, and completely certain in its messages".. this is the quiet voice i have followed for the past 10yrs....it's exactly that: solid and in line with my authentic self.

all we have to do is simply follow our hearts.

it's so simple brings you to your knees in complete surrender, i want to cry.

thank you emmie x

(4th May 2023, post)

hey ...

yes!!! i wondered "who makes these rules anyway??!!" as they always seemed not right or restrictive.

when i started to follow my gut, the world seemed to naturally open up in terms of creativity and guidance and feeling at home in the world.

i learned so much about myself and realised how much people were controlled by "expectations"..... fearful and not at all as confident as they made out to be (they were only confident within the confines of their "world").

...it's all very lovingly designed and magical, isn't it?!! ...though, hard and bumpy at times x

2. Me, A Spiritual Being.

It was not until 2020 that I experienced the shattering of the boundaries within which my awareness (my conscious mind) happily lived.

This heightened awareness for me, at least, was attained through a complete and natural surrender. I was in shock and in aching sadness beyond my mind (words) and so my heart (that understood the feelings beyond words) took over. I was in this state for 2-3 weeks ...during this time, I noticed I knew things (what people were doing or about to say and the right answers would come to me while watching game shows with my mum) and I did things effortlessly.

While my mind slowly and naturally took over from my heart, my rational mind's monopoly on me had been broken by my heart that remained opened....a new part of me had opened; I had been introduced to the spiritual side of me.

While my dad was no longer here physically, he was very much around my family and I.

I began to feel a warmth down my left side and realised that was my dad letting me know he was beside me but to communicate or feel his presence, my heart needed to be open and I wanted to be close to my dad.

(20th March 2023, post)

hi ... , when my dad passed away (at the beginning of the first lockdown in april 2020), there would normally have been a lot of friends and family at home; a hive of activity.

but because it was lockdown, it was very quiet.

we had set-up a little shrine for dad- a picture, a lighted diva lamp, flowers and a glass of whiskey, and i would find myself just sitting by this shrine in silence...i found it peaceful to be there.

but then, i found myself having two-way conversations with my dad, and i noticed he was the flame.... it moved to express whatever he was saying.

so, yes....flames are definitely some sort of portal (i believe, at least) x

(28th May 2023, post)

thank you for your post ... - i was very touched by your words.

i did feel sad that my dad would not get to be at my wedding or get to know my future husband and children but then i felt he was already with them and loved being with them.

my dad was very present during the first two years of leaving but he seems to now be elsewhere which is nice in a way... it's how it should be.

and yes, it's nice to see him in dreams and to talk with him... he's still very much looking after his family.

thank you for sharing your dad with us, ... x

(28th May 2023, post)

hi, i just watched this video....not watched a kaia video in a while.

i lost my dad in 2020 and i have never felt so much pain and sadness as in those first few days.

but it got to the point where it was going to overwhelm me so, i asked my dad to somehow make it easier and, from that moment, it did.

this video explained to me why that was....i had simply opened my heart and felt held but also, my consciousness became elevated or heightened as a result.... the spiritual world opened up to me.

so, thank kaia (again).... mystery solved for me!!
<https://www.youtube.com/watch?v=7fjDWeclNQY&t=13s>

3. An Opened Heart

I don't think I would have accessed this heightened awareness had my heart not been forced to open (as a coping mechanism for me to deal with the sadness).

At that time, I didn't know my heart was closed or that my consciousness could be heightened!!

Since then, I have followed my heart (or have surrendered to it) and it's only now as I put together this body of writing that I am realising that I have been gently guided along to this point where we now meet...hello!

(30th August 2023, post)

hi ... , that's funny you mentioned "looking back"... a few moments ago, i realised how i have been gently guided particularly in the past 3 years. seemingly random things are elegantly entwined (purposely) and it's only now i am able to look back and see and be amazed at how i have "blindly" come to this point.

it's been an amazing journey....very difficult at times but also extraordinarily beautiful too..... x

(20th April 2023, post)

...

i think i am appreciating more the idea that this is a personal journey (walking each other home).

we are all one (ultimately) but we are also unique and so, our paths are unique.

a nice by-product of this journey is that we all become more grounded in ourselves (intuition, discernment, etc) and this has made me appreciate that we all have our own lessons to learn and we all should learn those chosen lessons in our own way and in our own time.

(24th January 2023, post)

hi ..., i love those aha moments.

the world opens up that little bit more or the doors fling wide open.

there's an authenticity to these aha moments that i love because i think they highlight the fact that we are all on our unique paths.

i'm so happy for you- it's a very exciting breakthrough moment for you.

...

(7th May 2023, post)

...

i do think that in order to become sovereign we need to spend time with ourselves...almost get to know ourselves and to strengthen our relationships with our higher self, guides, incarnations and energies.

just my thoughts x

(5th July 2023, post)

....

do you think oneness comes when you consciously choose to keep your heart open? (i.e. the mind/judgment is no longer the principle driver)... i have found everything just flows and is connected when the heart is allowed to lead x

(21st January 2023, book club post: "Polishing the Mirror" by Ram Dass)

(page xiii) "the pilgrimage into our hearts"... i love the image that this brings to mind x

(22nd January 2023, book club post: "Polishing the Mirror" by Ram Dass)

(page xvii): "being here now". reading the word "being" really struck me as we are in the process of changing our "beingness"...how we show up in each moment.

Re-Remembering Me

1.2

The Voice of My Body

1.2 The Voice of My Body

Before, I would exercise (on occasion!!) but it would always be to lose weight or to get fit....very much a chore or a means to an end.

Now, doing exercise feels sacred...even breathing or walking or holding a cup can sometimes feel beautiful.

(30th September 2022, email)

hi

...

my body "sang" to me after yesterday's {yoga} class.

...

after the yoga class, i thought i would do some asanas this morning after my exercise session (....well, attempt to remember the different poses!!).

i started by just standing with my eyes closed and with my palms together.

but rather than doing poses, i thought i'd just let my body move as i am always telling it what to do and i did feel that my body had sung to me yesterday, afterall!!

..so why not let it "speak" now?

i started to move, very gently and in very small movements but i could feel (intensely) the bones, ligaments and muscles working together.

i moved in ways i have never done.

this lasted for only 10 minutes i think but after, i felt so in my body and alive/at peace.

i'm going to continue to do this and see where it takes me..... my body had the freedom to experience itself, and perhaps will heal itself physically and perhaps energetically.

this is my little experiment on myself!!!!

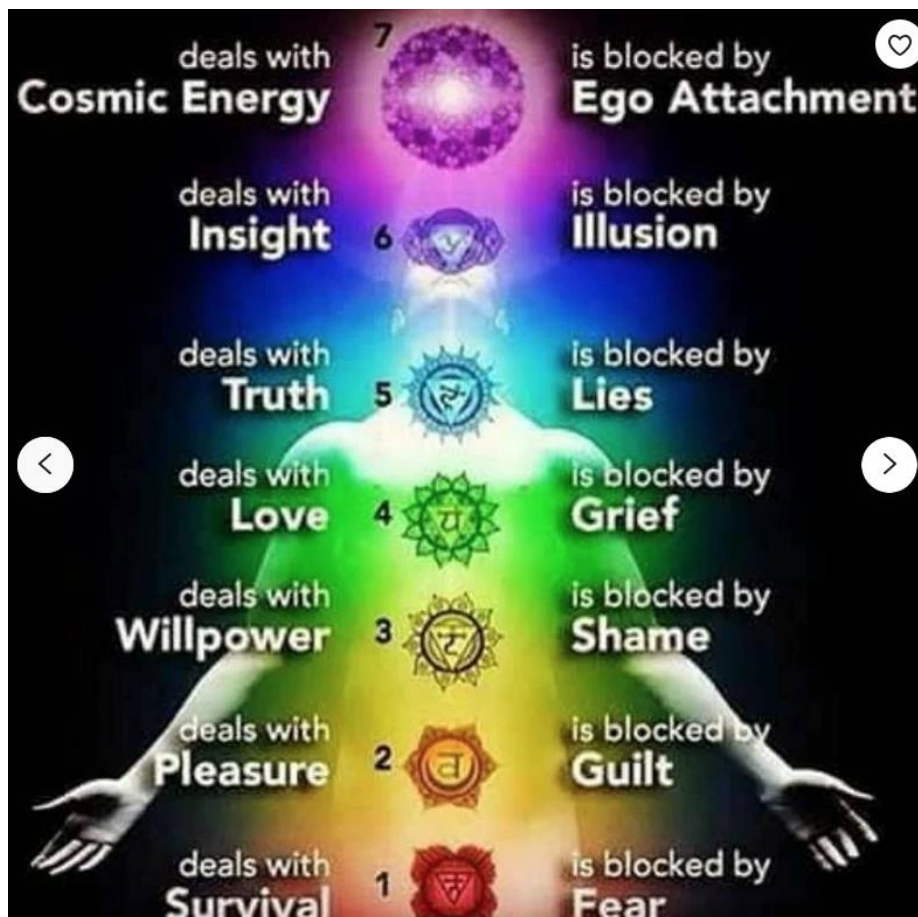
(9th November 2022, post)

My whole body (every cell) sings to this song each time I play it x

<https://www.youtube.com/watch?v=5Tjt1wyQvnQ>

(10th November 2022, post)

hi, just stumbled across this (i'm quite new to chakras, etc)....our bodies are really communicating with us (our unique gps system, as brice says!!). we are really beautiful and magical x



(12th November 2022, post)

hi, just did the chakra meditation....feel thoroughly cleansed within x
<https://www.youtube.com/watch?v=vCpBSnYBTM0>

(22nd February 2023, email)

hi- this shadow work has changed me.... i find i have a deeper relationship with my physical body.

i find yoga is like a conversation with my body, and my body responds...by moving differently (better) the next time i'm on my mat.

(28th May 2023, post)

i love this, thanks ...

this was me this morning before doing yoga....just let my body go fun-&-free-style before going into the formality of half primary!

thank you for posting..... made me smile (ear-to-ear) x

<https://www.youtube.com/shorts/q0uDZT820GQ>

Re-Remembering Me

1.3

The Heart and Breath

1.3 The Heart and Breath

1. The Heart

There is a general consensus that energy enters from the top of our heads (crown) through the body and out our feet, then this grounded energy moves back up our body to create a toroidal field out and around the body.

I (somehow) intuitively knew that energy comes through our heart as follows:-

(8th April 2023, post)

...

(macro)

instead, i think the energy:

- comes through the heart*
- flows upwards in the body*
- out through the crown*
- (outside of the physical body) flows down and around to the root chakra*
- flows up in the body to the heart*
- and so on (cycle repeated).*

(micro)

each cell of the body is the same- energy comes in through the centre of the cell and up, around, down and up to the centre.

the reason i say this is because, this centre (the heart) is the connection to the higher self/source/the other side of the veil....the entry and exit point as it were.

...



(9th April 2023, post)

...

so:

- movement back towards the aether is the dielectric (the herpobola, or figure 8).
- movement out from the aether (into form i.e. the creation of space) is the magnetic (the toroid or donut shape or side-ways figure 8).

there is a constant balancing of these two forces: dielectric (inward) and magnetic (outward) with respect to a specific point in the aether (the point source).

this balancing happens in the micro (each cell) and the macro (the body as a whole).

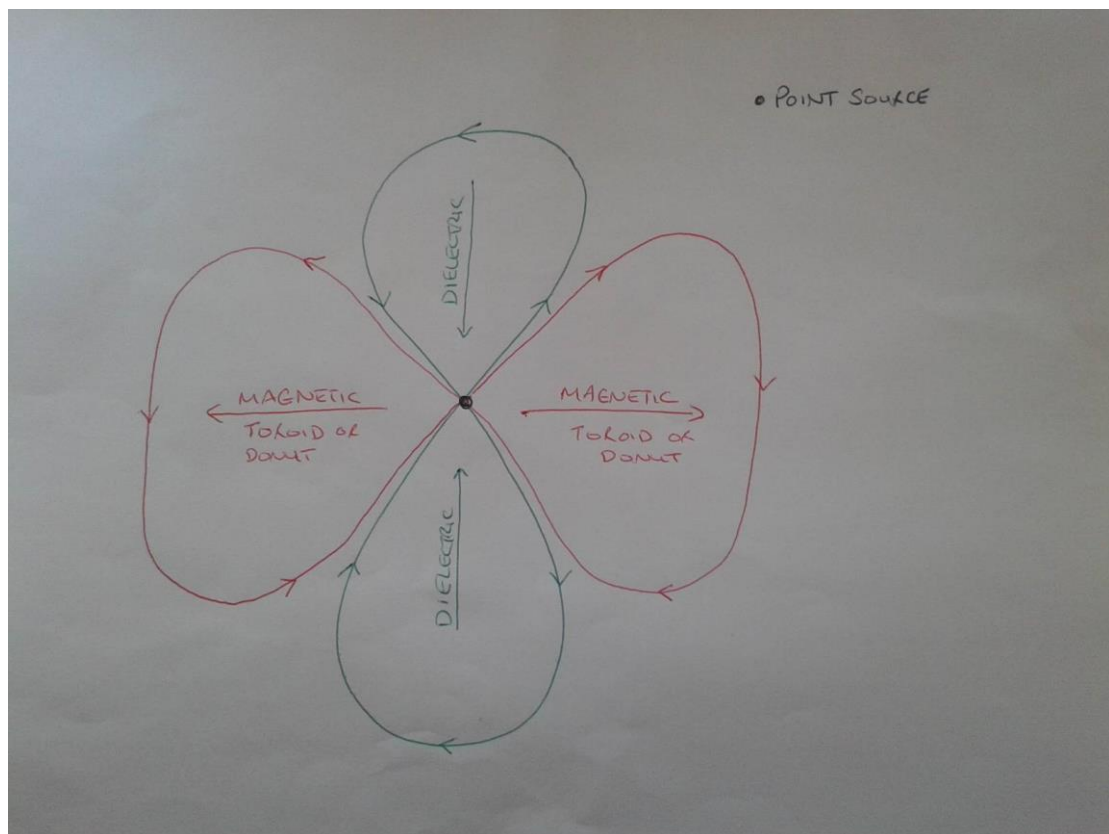
pls see pic.

nature is very simple....everything can be explained by these two forces.....free energy is possible i.e. we are the living examples of the existence of free and abundant energy.

.... we do not understand the simplicity, abundance and beauty of nature.

my thoughts, as always x

note: from the above free energy can be extracted from the aether; this energy being the life force energy (the illuminating principle).



(9th April 2023, post)

hi ... there's a brilliant youtuber called ken wheeler (theoria apophasis).

...

ken has incredible wisdom and understanding (of metaphysics and mechanics (magnetism)) and very, very practical and down to earth.

he's a true gem...

<https://www.youtube.com/@kathodosdotcom>

I would sometimes carry out little experiments (guided discoveries) on myself on my yoga mat to get to know my body.

In the example below, while standing with my eyes closed and with my hands level to my heart in prayer position I was guided to tweak the position of my hands...

(4th October 2023, email)

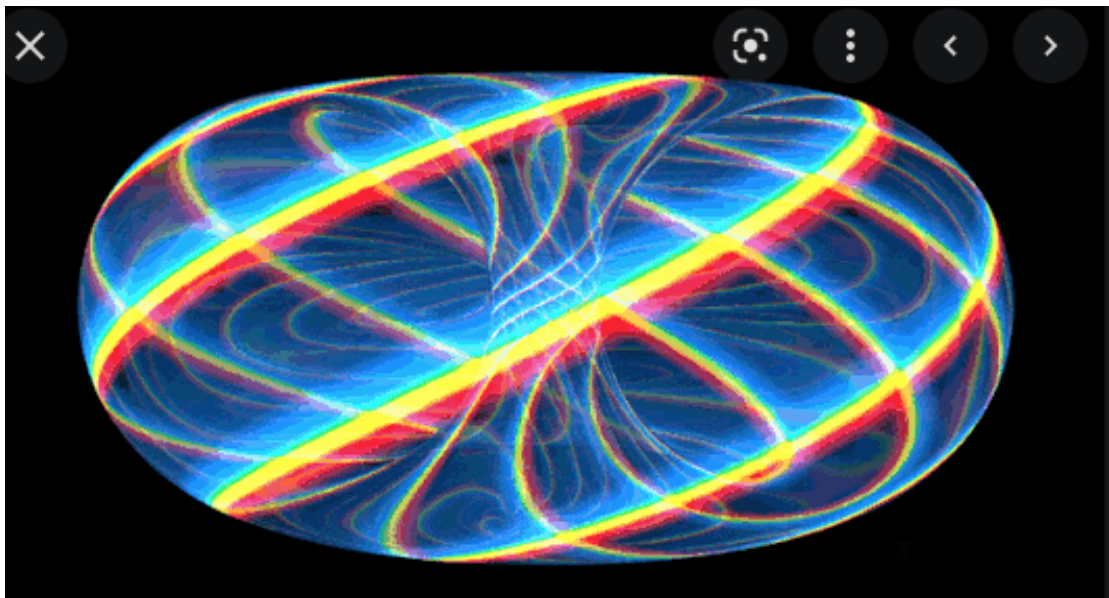
hi....

today, as i was standing with my palms together, i was guided to move my right hand so that my right palm turned 90 degrees towards my body so that my fingers of my right hand lay over my left thumb and my right thumb resting on the base of the left palm/wrist, and my left fingers wrapped around the side of my right hand.

i felt the energy flow through my right arm to the left and through my heart, and around again.....i had been guided to create a physical torus with my body to allow the natural flow of energy.

the energy pumping up along to my forehead...i pulled my hands apart at that point (not sure why). will do this again during the course of the day.

this is all very much early days...a work in progress x



2. Our Breath

Breathing is incredible!!

Closing my eyes and feeling my breath always centres me; brings my focus back to a spacious peacefulness.

But I have also found it's incredibly healing.

(12th February 2023, email)

hi

...

i did some healing for someone earlier, and i have been feeling really holey in my aura, very imbalanced energetically....really knocked me physically.

sat just now for a few minutes, just deep breathing (natural rhythm) and i feel so much better- energy balanced and aura now not holey.

i didn't realise how effective breathing is as a healer.

... nature's solutions are always so simple but so effective....i have been breathing all day!!! yet, i breathed deeply for a few minutes and magic!!!

(13th February 2023, email)

hi

yesterday, i did some healing i thought i was the healer and the instigator, but they were all waiting for me!! (i'm always the last to know!!)

....we made a circle as everyone gathered, but then an apron-clad, sleeves rolled-up, hair tied back and wellie-boot wearing person (an incarnation) gently guided me to lay down...."no, no....i'm the healer!!" and she just smiled, so i lay down!!

during the healing, i was both the healer (the one all dressed for action) and the healee (the one laying down... everything was transferred into me, so the healing could happen via me).

...

also, i was left in a bit of a state but i knew i could self-heal as my incarnation was not concerned at all ("here's a little assignment for you!" was her general energy) and left me in that state...of course, they would help if i faltered.

...

Re-Remembering Me

1.4

My Inner Sun

1.4 My Inner Sun

I have mentioned previously the idea of walking home to our true selves and of the resting place of our awareness.

I believe I have had two very brief experiences of being “home”. Both times the resting place of my awareness was not in either my mind or my body but was instead deep within me at my inner sun. When I say deep within, what I mean is that my consciousness felt like it flowed to a central point inside me (my heart) and out of me ...like water flowing through a plug hole.

For the briefest of moments, I experienced my pure consciousness (or Christ Consciousness) making me glow with loving energy.

My feeling is that this level of consciousness heals anything in the body and is not affected by outside influences.

In this state, I was aware of my whole body and, at the same time, I was aware of each cell in my body.

I share this with you to give you an idea of what is possible; to understand it so it may become our natural state of being.

For me, I know I am not ready but I know I am moving closer (at my own pace and in my own way) to the embodiment of this consciousness.

i. First Experience

The first experience was on my yoga mat (I felt an overwhelming love and gratitude in every cell of my body):-

(19th March 2023, post)

hi, i think i am a little premature in writing this post as i am just learning myself but thought i'd post these ideas anyway so that you can make them your own (if you so wish).

1. yoga

before starting yoga, (as a prayer) i say hello and good morning. this is to everyone and to everything including every cell in my body.

i wait until i feel love throughout my body and then i begin my yoga practice.

i find when i do this properly, my body is more flexible, responsive and i feel really good at the end of the session.

i also find that this process allows me to engage (communicate) with my energetic universe (the cells in my body); a two-way conversation.

2. prayer

at the end of my yoga practice this morning, i did my usual thank you prayer but as i did so, i felt the direction turn inwards.

normally, my prayers are outward; to something outside of me.

this morning, i felt my prayer going inwards through my heart, through my higher self and to source.

i snapped out of it quickly.

sorry, i have a tendency to snap out of anything unexpected when i am in this realm!!

*so, prayer is literally a direct link to source!!
wow! x*

(6th April 2023, post)

*...
when i was in this state, i felt the consciousness behind (animating) each cell.
i snapped out of this state but, in that moment, i felt i could control every cell in my body and also, felt connected to everything...i could talk and play/mold everything (my consciousness was in the flow of sophia).
....*

ii. Second Experience

The second experience just happened, I found myself “there floating”:-

(13th July 2023, post)

hi holly....i'm just catching-up on all the messages.

just wanted to ask you.....

regarding the ascension energies coming from the sun.... something is telling me that these energies are coming from within us and the “sun” is the access point (portal) at the centre of our being where our consciousness and life force come through into this realm.

(our consciousness and life force coming through this “sun” (portal) then embodying via each cell within the body).

i am being drawn to this inner sun as my natural resting point for my conscious consciousness (rather than having the resting point in my body after my consciousness has passed through my programming as held in my cells).

what do you think?

....”be in this world, but not of it”.

(14th July 2023, post)

hey...

since june, i have had several “random moments” that seemed to be gently guiding me. i thought i would “string these moments” together here.

while this is all very new to me i thought it important to share.

i do believe each of us here are masters with amnesia.

in previous lifetimes we had the benefit of mystery schools, no veil, etc but we have chosen to be here and to remember naturally; to awaken in our own time and in our own way.

so, i write this post to share my experience and my understanding of it in the hope that it may be of help to you too.

1. snake

i had a couple of healing sessions with holly.

from those sessions i was told that part of my role was to help lost souls cross-over into the true light.

so, june was spent helping souls cross-over.

during these cross-over sessions, a black snake (my size) would stand to the left side of me..... i believe it was my christ consciousness or my soul.

i tried to engage with it once but the energy was so powerful my body could not cope.... instead, it told me: focus on what you are here to do, i am simply here with you.

2. eye

seemingly randomly, i found myself floating in darkened/blueish air and looking at a sideways oval-shaped "entrance" which had spots of light scattered within it.

i knew immediately that the entrance was to this realm and that the cluster of light was my consciousness.

i knew that (from where i was standing) i was my full consciousness and that i could enter this realm as one centred beam of consciousness.

but, at that moment, i felt awestruck by the beauty of the human experience.

specifically, if this "one beam" is our "home" or spiritual goal (which we eternally are), then our unique path home (scattered to unscattered) is beautiful and should be experienced fully.

with this realisation i found myself back to my "scattered-self"!!!

3. eye of the needle

"it is hard for a rich man to enter the kingdom of heaven"..... i.e. scattered (a rich man has very successfully created a self-image/ego....holding tightly to material things to define oneself in this realm)

"it is easier for a camel to go through the eye of a needle".... i.e. less scattered (a camel experiences life as a camel!!)

cross-hairs (the "eye of the needle"?): for some reason, cross-hairs have stuck in my mind.... i think because they relate to being unscattered or centred in relation to how one enters this realm.

4. internal sun (portal)

in my post yesterday, i mentioned that we each have an internal/inner sun at the centre of our beings.

i believe that it is via this internal sun that our consciousness, life force and ascension energies come in through.

when i was viewing the oval-shaped entrance, i was floating with my back to my internal sun and looking at my realm entrance.

scattered: i believe, when the resting point of our awareness is in the body, our consciousness/life force/ascension energies are subject to the programmes as held in our cells.

unscattered: i believe, when the resting point of our awareness is at our internal sun, our consciousness/ life force/ascension energies are expressed freely/readily within this realm.

*the eye of horus (pictured) has a snake coming out of it.
i think this symbolises an awakened person i.e. the embodiment of christ consciousness (soul) within this realm.*



*unique essence: while floating in front of my sun, i felt fully and uniquely me....playful and empowered.
to be awakened, i believe, is to embody this state of being.*

5. earlier experience

a few months ago, just before doing yoga i said thank you to each cell within my body and then (feeling overwhelming gratitude in my cells) i felt my consciousness

(awareness) flow from my cells inwards and upwards..... i felt oneness but i quickly pulled away.

this was my first experience of having my awareness (conscious consciousness) resting at my sun and not within my body.

in this state of oneness, i knew i could self-heal, speak to all other consciousnesses and effortlessly manifest.

this first experience was the movement of my awareness from this realm (my cells) to my sun, and the recent experiences were the opposite (from my sun to my cells).

5. awakening

i hope as we awaken and embody this state of consciousness, it'll help to awaken others too (make the path easier or at least, known or natural)....as we are all part of the same consciousness and are one.

i hope this is helpful ...that it, perhaps, provides an idea of where we are heading (beyond our matrix programming) x

(14th July 2023, post)

hii think i felt it important to write the post because knowing this information enables an inner trust.... that, if allowed (let go/surrender/flow), we naturally come home.

but it is our resistance (our inability to let go ...our shadow work) that is the only stumbling block.

and also, at the same time, our shadows are where our lessons are (determining our path home).

our shadows are an important part of why we are here.

so, all is good and everything is how it should be...always (as annoying as that may sound!!) x

(14th July 2023, post)

hithank you, but it is our wisdom. i simply tapped into it first x

"first"maybe not the correct word as i'm sure we all knew this before!!! x

iii. It's happened before!!

I think many of us have experienced or know of an experience of (accidentally) accessing this pure consciousness. For example, I did a few years ago...

(23rd April 2023, post)

hi ..

i burnt myself quite badly (on an iron or in the kitchen).

before i could scream in pain (bringing my survival program into play), something internally took over and calmly said: "heal"..... me, as the observer, just watched.

there was no pain or very little and the burn healed really quickly.

had i screamed and anticipated pain, then that survival energy would have been part of the "event" and the healing of the event.

instead, there was no emotion (a complete by-passing of my emotional being) but simply healing...a knowing that my body knew what to do.

(oh, the burn was on my finger so nothing major but the intense heat had pressed into my skin so was a very deep burn.....perhaps 5-6 years ago) x

iv. A Sideways Oval-Shaped "Entrance" (or Plug Hole)

I believe this entrance (where consciousness enters to embody in physical form) is on the other side of the aether.

The aether is our canvass of physical expression (holding infinite potential).

Our consciousness is constantly flowing into and out of our cells (via the entrance/plug hole). Each in-and-out cycle creates a disturbance in the aether (a perturbation) i.e. the constant creation and withdrawal of space (physicality).

Re-Remembering Me

1.5

The Embodiment of Light

1.5 The Embodiment of Light

1. Consciousness, Life Force and Light

i. Consciousness

My understanding is that each of us is the unique expression of the divine in the form of a unique essence (soul) and a unique consciousness.

This is represented in the first three numbers of the Fibonacci Sequence, specifically:

0= the absolute (Sophia/Source/Creator/God)

1= the principal (soul or unique essence)

1= the attribute (unique consciousness)

Consciousness is the animating factor (scalar waves).

ii. Life Force

My understanding is that life force is the energy or the illuminating factor (electricity).

iii. Light

Ken Wheeler asserts that light is simply a perturbation modality (type of disturbance) in the aether.

I believe light can be either consciousness or energy (life force) or a combination of the two that can manifest into physical form. For example, I am fully conscious when in my light body and fully conscious when in my physical body.

Note: as I understand, Ken asserts that everything is light and that the only difference between the non-physical and the physical is the rate of vibration i.e. the physical is “hard” light; light that has been slowed down.

iv. Mind, Body and Soul

Soul: the unique essence enters the body (as expressed by the unique consciousness specific to that life experience or lifetime, Hema, for example).

Body: life force enters the body and works with the body’s intelligence (natural programming, DNA).

Mind: the mind overrides the natural flow of consciousness and life force in the body.

Note: I believe the higher the consciousness we hold (where the resting place of our conscious awareness is), the more life force and the body are allowed to function freely.

The lower the resting point of our awareness, the more consciousness and life force are hindered by the mind.

(30th July 2023, post)

11. mind, body, soul

it's very much early days for me but i can physically feel my mind, body and soul...they are no longer clumped together as one jumbled mess.

i am feeling gratitude for them.....for being used and abused by me in my state of unawareness.

my mind is finally truly seen and understood i.e. it has been doing all the heavy lifting for me.

i have relied upon it to understand me and make me safe whereas its job is to simply understand the world around me. ... my poor ego, you can rest now!

my body has also been abused by me..... it's coped well (as the cupboard in which i have stored all my "rubbish")... my body is not a junk drawer but a divine and magical vessel through which i experience the world around me.

my soul....i'm getting to know it. i look forward to experiencing it and expressing it fully through my mind and my body...to get to know me, my unique essence (my divinity as a fractal of god)... i look forward to spending the rest of my life getting to know my infinite me.

...

v. Love

I believe love is a state of being; it is life force enriched with unhindered consciousness.

Love, in its true divine sense, is the expression of our unique essence (as fractals of Sophia, Source, Creator, God) through life...creativity and it is also as the observer, the experiencer of divine creation.

This is the fundamental truth of our being; the purpose of our existence.

In other words, as fractals of Sophia, Source, Creator, God, our conscious mind is the key to experiencing the highest levels of life force energy and consciousness; the key to experiencing divinity which is our birthright.

(15th July 2023, post)

...you can by-pass all shadow work by simply surrendering/feeling unconditional love (or gratitude) in all of your cells.

vi. Creation (of Space)

My understanding is that creation is the "play" of our consciousness on the canvass of the aether (well, on this side of the aether!).

(9th April 2023, post)

...

so:

- movement back towards the aether is the dielectric (the herpobola, or figure 8).
- movement out from the aether (into form i.e. the creation of space) is the magnetic (the toroid or donut shape or side-ways figure 8).

The three constituent sounds of the word “Om” relate to the perpetual cycle of the:

- magnetic (the outward movement)
- peak (the maximum space attained)
- dielectric (the return)

(9th December 2022, post)

...my understanding:-

{the magnetic} ahh: creative vibration (this is the alpha, right?)

{the peak} ouu: the vibration that preserves the manifest universe (omega?)

{the dielectric} mmm: the vibration that dissolves the manifest universe.

....

2. The Embodiment of Light

i. Ideally

I mentioned previously that consciousness and life force (our light or combining as unique conscious energy) enters the body as one beam (unscattered).

Ideally, once embodied, the conscious energy is free flowing, constantly renewing and revitalising the cells of the physical body (remaining unscattered..100% in and 100% out).

ii. In Reality

But the body acts as a (dense) prism refracting or separating the light (conscious energy) i.e. once embodied, the light splits (becomes scattered).

This scattering occurs due to the programming held in our cells (either inherited by the experiences of our ancestors and past lives or created and stored by us during the course of this lifetime).

These programmes block the free flow of conscious energy (or light) through the body.

Clearing these energetic blocks (the programming held in our cells) by, for example, shadow work, physical exercise or by feeling gratitude and love in every cell, enables us to embody our consciousness as one unified energy i.e. to experience our unique essence or Christ Consciousness.

Elsa Dillon (<https://www.facebook.com/elsa.dillon.7712/>) refers to increasing the spin of our atoms. My understanding is that this refers to the way our

conscious energy passes through our cells i.e. the degree to which our cell programming hinders this process.

I think “spin” is a lovely word to use to describe this....it is nicer than the word vibration.

A simple example: we glow (are radiant) when in love and happy but look drained (dull) when stressed or feeling sad.

3. Tools

I believe the chakras, the ankh and the doshas are ancient tools to help us understand (and so, manage) the efficiency of our bodies to process our conscious energy.

The Sophia Code is effectively a modern-day divine manual.

(29th September 2023, email)

*...
when i am in the "quantum".., i am often pure light and feel the energy around me to form any image i need to be aware of or the image forms itself.*

i am "not flowy" here... and the chakra system seems to explain this....my light is split..the breaks are on.

i. The Sophia Code by Kaia Ra

The Sophia Code is a divine gift to us all written for this time of awakening. Kaia Ra is incredible; she is highly gifted and is a true beacon of sovereign loving light. The book helps us to clear our blockages to enable our cells to hold our divine genome (DNA).

I highly recommend this book.

Thoth's Emerald Tablets were also written for us at this time.

Both books meet the reader at the reader's level of consciousness.... The words holding ever deeper meaning and understanding as our light brightens.

I only became aware of these books through Brice..... so, thank you Brice...deeply so!!

ii. The 7 Chakras ("Energy Wheels")

My understanding is that the physical body has hundreds (thousands?) of energy centres but there are seven main ones that are situated along the spine, the:

1. root,
2. sacral,
3. solar plexus,
4. heart,

5. throat,
6. third eye, and
7. crown.

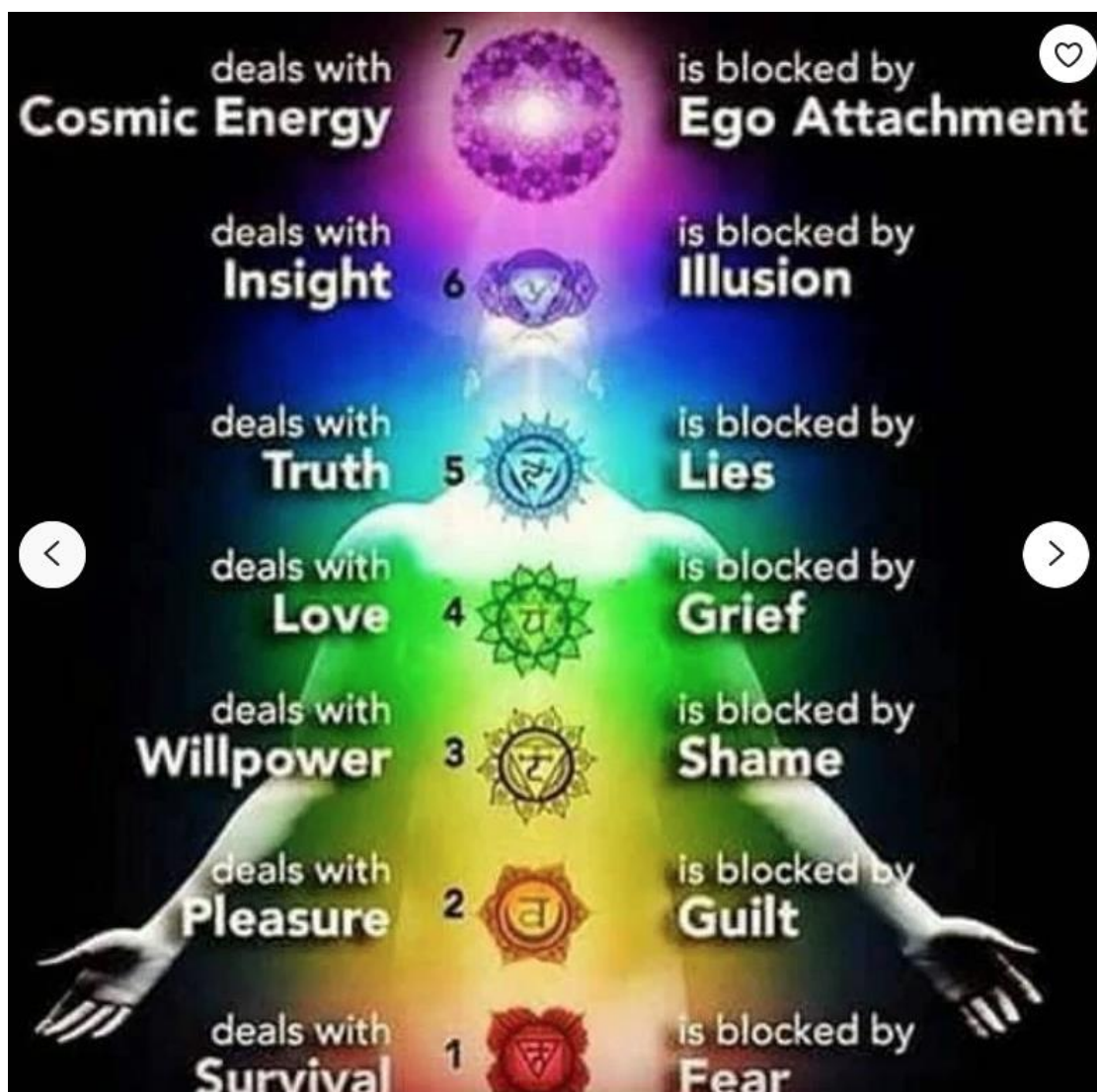
(note: we have energy bodies such as the etheric and emotional bodies which expand beyond our physical bodies)

As mentioned above, the programmes held in our cells block the free flow of conscious energy (or light) through the body.

These energetic blocks are the safe storehouses for unaddressed issues (thoughts/feelings/experiences) held in safekeeping in energy by our body.

Whenever we become triggered, it simply means that an opportunity to clear a blockage has arisen but often we simply add to the block rather than clear the energy around the issue.

The picture provides an understanding of what each chakra represents and what it is blocked by.



The Fragmented Self: I have learned from Brice, Holly and Emmie that each time we refuse to address an issue, a part of us fragments off and is held in that unresolved energy (our shadows or energy blocks).

From my shadow work experience, these shadows are healed simply by listening to them....they are simply consciousness (parts of us) wanting to be heard.

iii. The Ankh- the Ultimate Reflection (Mirror)

I became aware of the ankh in 2022 (through a number of Brice's videos) and it seemed very familiar to me. It feels very much alive to me.

My feeling is that:

- the loop represented the mind (the invisible) or the upper chakras (throat, third eye and crown).
- the horizontal (arms) being the expression of the heart i.e. we create from our state of being (whether from the heart or not).
- the vertical representing the physical body or the lower chakras (root, sacral, solar plexus)

These represent the three aspects of ourselves that determine how we experience things.

The centre point (where the loop, vertical and horizontal meet) is the heart and inner sun (Christ Consciousness); unconditional love and oneness.

I mentioned that the ankh feels alive to me; a living reflection of me (an inward looking mirror of me).

The centre point of the ankh is my natural state (my brightest light) and my body is the reflection,

As I focus on this centre point, my body re-calibrates... I become centred.

For example, I know I have moved away from the centre point of the ankh if I hold tightly onto things or if I feel a closed heaviness in my body.

When I am close to the centre point, I feel an expanded solidness of being that feels light (and usually, I feel a hot disc on my back (behind my heart)).

I think the ankh disappears with the embodiment of Christ Consciousness which has no limits. We simply become the centre point i.e. we become omniscient (no loop), omnipotent (no limits to our creativity) and omnipresent (no vertical).

Note1: the ankh (as pictured) includes the Eye of Horus at the centre point



Note2: the circle of the celtic cross, for me, either symbolises our divinity (our inner sun) influencing all aspects of our lives or that we are limited (in every aspect of our lives) by our mind.



iv. The Doshas

My high level understanding is that the doshas represent our emotional disposition as selected by us for this lifetime (note: emotions are associated with the element, water).

The doshas shape our character and the functioning of our bodies, for example, eating a diet specific to the body's dosha is an ayurvedic principle for good health.

The doshas are:

- i. pitta (fire)
- ii. vatta (air)
- iii. kapha (earth)

I became aware that consciousness splits into three streams of light: blue, gold and white.

(8th January 2023, email)

...
*i don't think i have mentioned this to you, but in early 2021 (i think) i was reading a book and i realised something was about to happen.
something "plugged into me" (like a "doomph" from above me) and lightening like electricity came through me (of electric blue, gold and white coloured light). i felt that you could ride these energy beams/channels...they were consciousness.*

...
i think this was just a testing of my body to see "where i was at"...perhaps, i don't know....!!!

(12th January 2022, email)

...
could it be that the doshas simply reflect where a person's consciousness naturally sits (in this life):

- 1. pitta: outward looking consciousness (tame/control the outside world)*
- 2. vata: consciousness sitting in the energetic body (expansive)*
- 3. kapha: consciousness sitting in the physical body (enclosed)*

the reason i say this is because i have noticed i feel hungry when i am "in my body" even if i just ate!!

whereas, when i am busy (focussed/concentrating), i don't feel hungry.

the only difference between the two being the "sitting place" of my consciousness.

just an observation from a kapha vata x

(16th January 2022, email)

...

is it safe to say that consciousness is split into three (in this realm):
i. the blue ("in the energetic body", vata, throat or higher chakras)
ii. the gold ("in the physical body", kapha, the solar plexus or lower chakras)
iii. the white ("the outside world"-....the expression/manifestation of consciousness, pitta).

this feels kind-of-right to me x

(16th January 2022, email)

omg...blue and gold (yellow) makes green!!!

i was thinking yesterday that my "3-colour-consciousness theory" missed out the most important element i.e. heart chakra/emerald/green!!! but it still felt right, funnily enough!

this is so cool x

p.s. if you already worked this out.... some of us are a little slow to twig-on to the obvious! :o)

.....erm, yes, I did bombard Brice with emails!!

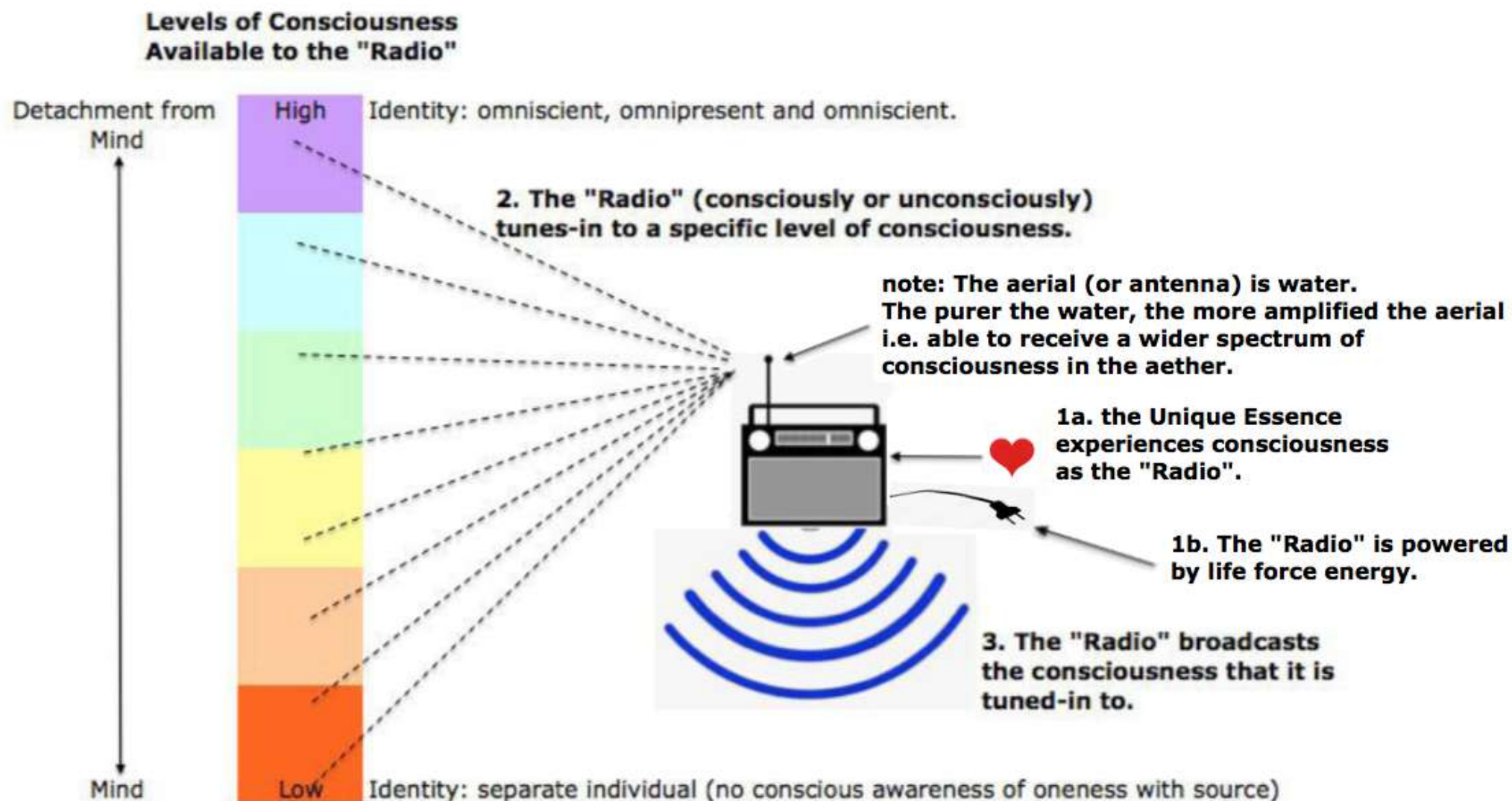
Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Unique Essence (the **Signal**), Mind & Body (the **Radio**), Manifestation (the **Broadcast**) [Ken Wheeler]



note1: Mind being the projection of a framework on the infinite.

note2: ❤️ is the "True Self" and the "Radio" is the "False Self" (Vernon Howard)

note3: The vibration of the body influences the quality of the antenna (water).
Equally, the vibration of the body can be influenced by the quality of the antenna (water).

Re-Remembering Me

1.6

You Are Not Alone

1.6 You Are Not Alone

Before starting to write this section, I was prompted to listen to “You Are Not Alone” by Michael Jackson....I’d forgotten how beautiful a song it is.

And what I shall now write has completely changed, for the better...as is always the case when being guided I have found!!!

1. Love, Forgiveness and Laughter

To be of this world we have created personas that we seamlessly slip in and out of given the numerous external daily demands we face and deal with. As a simple example, I know I am different when I am alone compared to when I am with other people or in a public setting.

I have felt an ache deep down that no-one truly knows me... including me!!

But since 2020, I have come to realise I have a family of loving guides that have always been with me and truly know me (better than I know myself!!) and are there to help me for my highest good.

For example, there is a tall angel to my right but she sometimes stands behind me with her hands on my shoulders when I feel alone or overwhelmed.

With this realisation that “I am known and not alone”, there’s nowhere really to hide!!

I have found that a self-honesty and a sense of self-responsibility has blossomed within me.

I have also found that I look at other people differently; with love and forgiveness, and it’s always nice to laugh at myself because I realise we are all on the same divine journey home.

We are all walking at our own pace (our own divine timing) and in our own unique way.

We are all, invariably, stumbling, bumping into one another and walking in circles and in different directions along the same homeward path!!

In a way, a divine comedy of errors!!

2, The Body as the Ultimate Communications Tool

I have come to realise that my body’s intelligence communicates with me but also, that my body is an incredible communications device!!!!

In both instances, the only requirement on my part is to be present with an awareness (openness) and a willingness to listen.

While I am still discovering more and more, I have provided some examples below to illustrate just how awesome our bodies truly are:-

i. Chakra System

(10th October 2022, email)

...

i have become more aware of my internal connectedness i.e. i have communication channels that are opening up.

a. crown:

i sometimes feel that information is dropped into my head (by my guides) and this information (like a drop of water into soil) is absorbed into my body wholeheartedly...my body recognises the truth of the "drop"

b. heart:

i sometimes have a really hot disc on my back, just behind my heart.

i have noticed that this happens when i am acting from the heart...in god, in this body/realm.

i now recognise that when i feel this hot disc, my higher self is working directly through me...we are in alignment....working together...or it's just my higher self saying "well done" or letting me know she's there with me.

c. solar plexus:

if we take "solar" to mean light, and "plexus" to mean network.

i think there is a network of umbilical cords of light (from the solar plexus) that connects me to all my past (and future) lives/my "mes".

ii. The Gut Instinct (Solar Plexus)

(5th September 2023, post)

hi ...,

in my experience all my incarnations are connected to me (via cords) at the solar plexus.

i've received messages "down their respective cords" from a couple of incarnations (a literal telephone!!) but also, this is where the gut instinct is based .. (the collective feel for something).

this is my understanding...this is my experience x

(16th March 2023, post)

hi..., erm i think i ought to correct my statement.

i said my gut was wrong many times over the past 2-3years.

my wishful thinking (my ability to accurately predict) has been wrong 100%.

my gut has been right 100%.

it's a true measure of where i am at any given moment.

my gut has been directing me on my path:

i. to show me lessons to be learned (for my growth) and also,

ii. as a protector, picking-up on energy (red and white flags).

my gut is my wiser but quiet class-buddy on this school trip home.

anyway, just thought i'd clarify x

iii. Third Eye

(16th April 2023, post)

hi, something random.....

for sometime now, about 1-2 years or so, when i close my eyes i sometimes see the colour purple.

sometimes it's like the insides of my eyelids are purple.

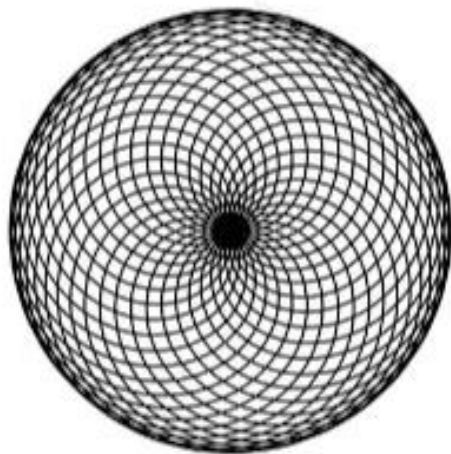
other times i have seen slow moving blobs of purple or shooting dots of purple.

this morning, i saw a really beautiful and moving pattern.....very similar to the flower of life.

i have attached a pic...it was like this but more intricate and delicate and more dynamic.

have any of you experienced this? would love to know.

it felt like an invite ... i love this spiritual path...so loving and gentle in the forward movement (but brutal when breaking free from current holds or binds!!!) x



(16th April 2023, post)

...

it does feel like communication, but on a cellular level rather than communication to the mind.

(24th August 2023, post)

hi holly

*last night i woke up and was fully awake but my sight felt different.
(i knew something would be communicated to me as something similar had happened once before).*

so, i closed my eyes and the insides of my eyelids became "tv screens" on to which moving images (symbols and patterns and nature) were projected.....it felt like i was a tv picking up a tv signal!!

the images were very rich in detail but i did not understand any of it but simply sat back and watched!!!

it only lasted what seemed like less than a minute.

*this is different to when i have had experiences in the "quantum".
in these instances, i was in the mind's eye.*

just wondered if you or anyone else here has experienced this too (as a human tv!!)
x

(27th August 2023, post)

oh, i should mention this "tv screen" download talked directly to my body or to my subconscious and, since then, i have had a knowing in my bones... my conscious mind just watched (surrendered) to the download and remains surrendered to this deep knowing x

iv. The Crown

I mentioned above that my body naturally recognises the truth when information is dropped into my mind by my guides.

Going within to discern truth is incredibly important. Not all thoughts "dropped" into our minds (I have found) are for our highest good:

(23th November 2022, email)

.....i have felt thoughts inserted into my head before, but i never acted upon them (as they seemed extreme/angry/not me) and being aware of these occasional odd thoughts (realising these thoughts were not mine) i was able to feel them as they were inserted/dropped into my head the next time...no thoughts have been inserted since being conscious of this.

We can be controlled/manipulated through our mind (ego) but our heart (inner knowing) is incorruptible.

We are guided home by following our hearts (intuition, the gut instinct, etc).

We are kept away from our divinity when our mind/ego dominates overriding and silencing our inner knowing and inner connectivity.

v. The Whole Body As A Receiver of Information

(22nd September 2023, post)

...

erm, i have never channelled (in the traditional sense) but it seems to be the only word that describes this type of knowing/conversation.....in my experience, knowing comes over me like how warmth gently hugs you...does that make sense?

...

3. Other Means of Communication

There are, of course, many other different ways that messages are beautifully communicated.

For example, I remember feeling very lost and alone but when I looked up, I saw a cluster of large clouds and as they drifted past they formed the shape of a magnificent dragon.

I found a beautiful magpie feather in the garden one morning and I knew immediately that it was a gift to say thank you for something I had done the previous day in the quantum.

Our guides are always communicating with us to let us know we are loved and not alone.

But, thinking about it, everything is a gift if we choose to see it as such and, likewise, everything holds beauty.

An interesting side note: while watching a Kaia Ra video, I felt the energy of the person (whose statue was behind Kai) smile at me as we shared the same thought as Kaia spoke.

I now believe everything is a potential portal because everything holds consciousness.

For example, if a person faithfully carries a lucky charm with openness and gratitude, that lucky charm is imbued with the consciousness of luck and so, it is a portal for luck to come through; a warm invitation.

Importantly, the lucky charm does not create the luck but, instead, communicates or points to avenues that are in alignment with the energy of good luck.

In other words, the one holding the lucky charm must be open to hear and act upon the pointers of good luck that the charm communicates.

It's a really, really fascinating topic and it's all very magical too.

4. Our Ability to Receive Messages

(17th November 2022, email)

... i was really happy that you mentioned the close connection between science and spirituality.

have always had an inner knowing that they were the study of the same thing; the former being the mechanics of and the latter being the experience of energy.

... here is possibly a simple reconciliation of the two, specifically:

1. science:

(diagram) light spectrum- high energy and low energy waves.

high energy being etheric (expressed in the invisible)

low energy being dense (expressed in the visible).

2. spirituality:

awareness (expressed via chakras or our auras). the greater our awareness, the greater our ability to pick up on energy (subtle or otherwise).

shadow work is effectively removing the denseness (blockages). the aim: increased awareness- clear readers of energy and conscious expressions of energy.

Note:

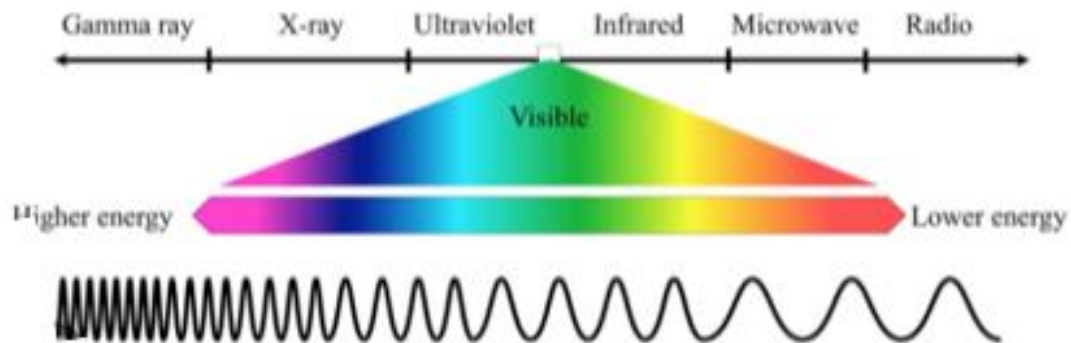
Science is very simple.

According to Ken Wheeler, our physical world can be explained by the interplay of magnetism and dielectricity in the aether; energy being the expression/consequence of this interplay.

Ken refers to quantum physics as the cult of bumping particles- it is complex, inaccurate and misleading.

Nicola Tesla said: "The scientists of today think deeply instead of clearly. One must be sane to think clearly, but one can think deeply and be quite insane."

Electromagnetic Spectrum



5. The Beloved and the Devotee are One.

(24th January 2023, book club post: "Polishing the Mirror" by Ram Dass)post)

...

i. guru:

ram dass's deep affection for maharaj-ji comes through very clearly in the book.

back in 2015/2016, i read "autobiography of a yogi" by p. yogananda and i learned about someone called mahavatar babaji.

i learned that babaji is an ascended master who has incarnated (and living somewhere in the himalayas for the past few hundreds years) with the specific purpose of holding the energy at a certain level (stabilising it) to ensure humanity doesn't descend.

i felt an immediate affection for him- a closeness, and felt a deep yearning to meet him; to be in his presence.

but my inner voice firmly said: "no- you need to live your life".

i felt so much love for him and gratitude for what he was doing for us.

it felt nice to know that somewhere in the world was this beautiful person.

whilst in this feeling and thought, i felt him smile- an acknowledgement (a thank you) from him.

i continue to have a soft spot for him!

ii. devotion:

ram dass writes about the devotee (us) and the beloved (god/other).

*when reading about the devotee and the beloved , i felt uncomfortable....alarm bells, a serious niggling indicating something is not right.
(sorry ram dass!)*

i then had a light bulb moment.

when i felt babaji smile at me, i felt his unconditional love; his complete devotion to us.

we are the beloved.

we have simply forgotten that we are unique expressions of the divine (god).

the ascended masters, arch angels, angels, guides etc are the devotees helping us to remember who we are.....immersing us in unconditional love and ready to offer help/guidance if asked.

the beloved and the devotee are one.

this walk home becomes more and more and more divinely beautiful, don't you think?

i hope this resonates with you (and is not controversial) x

6. Angel Wings

(7th March 2023, post)

.....

yesterday evening, when i realised this- that i was of light only (and not of equal darkness), i felt angel wings unfold on my back.

it was like a release of energy.... perhaps it was not wings but the toroidal energetic field (as pictured) but i felt happy, light and solid/powerful.

but i'm liking the idea of angel wings.... feels liberating!! (like i am finally able to stretch out!!)



(8th March 2023, post)

....

i thought this was a major point of friction (shadow work) for me, as i was seeing a lot of my light side and being overwhelmed by what i was discovering about me (the good)....then realising i'm equally dark!!!

i was so relieved when i realised this "equally light and dark" concept was not true.

and i love the feeling of having angel wings.....i think we all have them x

Re-Remembering Me

1.7

You, The Greatest Story Ever Told

1.7 You, The Greatest Story Ever Told

I was guided to title this post with these words.

We are each walking home; each following a unique path that is personal and the most beautiful (difficult and challenging!!) journey of discovery.... so, the title is, indeed, very fitting and applies to each and every one of us.

1. The Wounded Me

From my own experience of shadow work (working to clear my energetic blocks), I realised that there was a wounded me.

I had not known she was there and yet she held all my unaddressed or suppressed trauma, darkness and negativity.

By holding all the darkness, she enabled “me” (the unwounded me) to be free to function “normally” i.e. this “normal” involving my personas and ego/mind.

2. Becoming Whole

We have a tendency to avoid these shadow parts of ourselves at all costs.

A key part of this spiritual path is to face oneself with complete honesty. Every trigger (or discomfort) is a liberating tool; an invitation to release the blocked energy.

Triggers are the doorways to our growth/liberation.

Treating myself with love, forgiveness, patience and compassion has been key.

I have found the Ho'oponopono prayer to be a really beautiful tool:

"I'm sorry,
Please forgive me,
Thank you,
I love you."

It's a loving release....a freeing by way of forgiveness .

I have never kept a diary but journaling was part of Brice's shadow work challenges. The times that I was naturally drawn to journal, I found that what I wrote was a raw four- way conversation between my ego, wounded self, unwounded self and higher self. In these instances, I would always feel centred and lighter.... healed.

The first time I ever felt a release of an energy block was whilst listening to Bridget Nielsen's Soul Embodiment meditation.
(<https://www.youtube.com/@bridgetnielsen>)

(12th March 2023, post)

hi, ...

in 2019, i was listening to a meditation.

as i listened, i became completely relaxed (at peace) which caused a knot of energy to be released from my torso.

it made its way upward...it felt like a physical thing inside me floating up (squeezing/navigating its way upwards), wanting to be released.

this was back in 2019 so i was very new to meditation and things spiritual, but my body knew to relax in order to let this knot of energy pass through to release it...i remember feeling discomfort and having to wriggle around a little.

it came up through my throat then i opened my mouth and it was gone.

i felt lighter after that.

i think the knot of energy related to the feeling of not belonging and to my relationship with my mum.

from that point, i felt comfortable in myself and my relationship with my mum became different; better.

(12th March 2023, post)

...

i remember the meditation takes you through the birthing process, and i just remember seeing my mum so exhausted but so happy to be holding me....i think that's when i felt the knot of energy dislodge!!

...

(30th July 2023, post)

....

10. feeling-the-feelings-to-release-the-feelings! (freedom)

a. held and stored:

i find, when in the moment (the process of moving from mind to heart), it tends to get a little messy as i feel through the experience.

by experiencing the feelings from the "seat" of the ego/mind, the feelings are held tightly (i claim ownership of them).

these feelings become a part of me i.e. the feelings are accepted as part of me and so, are stored in my cells to be recalled as and when the mind/ego is triggered. (but then, when triggered, the mind is tasked with suppressing those feelings by reacting/focussing outwardly!!).

the "known" perhaps being our customised prisons.

b. experienced fully then released:

by experiencing the feelings from the "seat" of my heart, they are lovingly heard and observed and naturally released in the moment.

in other words, it seems to me:-

i. the ego/mind is blinded (or sees only) the feelings within the context of what the mind knows to be true i.e. the feelings are stored in the cells serving to reinforce or expand what is "known" by the mind/ego... whereas,

ii. the heart is infinite wisdom experiencing the finite feelings i.e. the feelings are felt fully but then released.

so, for me, it seems christ consciousness feels deeply but does not attach to (identify with) those feelings but remains "seated" in unconditional love.

ironically, the embodiment of christ consciousness is the embodiment of space (freedom....love)....and in this spaciousness, (of infinite possibilities) our unique and divine essence is naturally, playfully and beautifully expressed.

The following describes how I now deal with emotions such as anger, annoyance, etc.... it's really empowering to look directly at something that seems scary/unwanted.

I think it is empowering because my willingness to "be with it" (fully and deeply) is my acknowledgment that I am (my light is) bigger than "it".

I choose not to be limited by it; to not allow it to shape me/influence who I am.

(29th July 2023, post)

...

you're such a beautiful soul.... the pain in your voice as you talked with openness and honesty to heal yourself and to help ... too.

i'm finding the following really helpful as i navigate my own path:

- i agreed and chose (to experience) this for my highest good

- surrender

i have found when i have tried to understand with my mind (ego) i fall into negativity (contract) but when i surrender (not be in resistance), my heart (love) takes over and the lesson/way is revealed and i grow (expand).

but when in the moment, it tends to get a little messy as i feel through it.

..... erm, i think i am just saying things here now to just be here....my words written really just to say: you have been heard and you are loved x

(26th August 2023, yt post)

hi, i really enjoyed this conversation.....thank you.

i find i am feeling emotions fully (allowing myself to feel the feelings honestly) for as long as the feelings need to be heard.

once heard, the feelings quieten down naturally and this allows my heart to come to the fore to provide a higher perspective of understanding which then changes me for the better...the feelings alchemise into a better version of me, it seems.

it's very much a natural (unrushed) unfoldment or surrender...a conversation between me (boots-on-the-ground) and me (higher self).

my mind is not active in any way (to rush, rationalise, suppress, etc) and this enables the natural process of feeling and understanding (leading to a better version of me that is fully and better engaged in my life/world).

erm, this is an internal process and so i have accepted that my feelings are mine to deal with and so, have not (so far!!) lashed out when in the rawness of feeling the feelings fully.

hope this makes sense x

(18th August 2023, post)

...

what i am finding is that each time something crappy happens, i feel it deeply. but feeling the feelings honestly then allows my heart to come in (later) at some point and then i see/understand things from a "higher" perspective.

this is how i am finding i am processing things "cleanly" i.e. able to experience fully and release fully.

i think this is just me preferring to be heart-led rather than being mind-led.

A side note:

In shadow work, Brice often talks about the artful dodger; the ego will always convince you to not change. The key, I found, was to recognise when the ego was talking:-

(15th January 2023, email)

...

p.s. i have noticed the ego communicates in words whereas my gut/intuition/quiet voice communicates in feeling.

engaging with the ego (consciously- battle or negotiation, or unconsciously- artful dodger/habit) gives it authority.

whereas the gut (or inner voice) is a solid but expansive stance (but i have to actively choose to listen; to be open to it)

interesting, when i am centred/grounded, i am naturally guided by the gut (or inner voice). when i am in an emotional state (hurried/fearful/carried away by what is happening in the moment), i am in the ego...it wants to protect and help (within its limited experience/knowledge).

just my observations x

3. The Playful Expression of Our Wholeness (Uniqueness Freely Expressed)

I believe the following to be true (for me and everyone):

i.. Who I am:-

- My inner sun is my connection to Source, God, Sophia, Creator.
- I am a fractal (a unique essence or expression) of Source, God, Sophia, Creator.
- As an eternal spiritual being, I choose to incarnate to experience specific things.
I have the potential to experience everything through the lens of my unique essence.
- Each of my incarnations is my unique essence but in difference forms (lifetimes).

ii. The expression of who I am (organic me):-

- (Divine Feminine): My unique essence means that, at my core, I am a unique expression of divinity.
The divine feminine is often depicted as the blackness or the "nothingness" but this simply represents the infinite potential held within the divine feminine (our pure consciousness).
...this held potential being unique, for example, the same idea (seed) is expressed uniquely through each of us.
- (Divine Masculine): My only role is to experience and express (create, give voice to) my uniqueness.

iii. The expression of who I am (inorganic "split/fragmented" me):-

- The wounded me is my divine feminine.
- The unwounded me is my divine masculine.
- My persona/ego/mind shapes what action the divine masculine takes.
- The wounded/unwounded split is as a result of surviving/coping/getting on in the (inorganic) world

iv. The expression of who I am (organic and inorganic me):-

- (Creation experiencing itself): As divine beings, every experience is valuable.
I was not aware that “sin” simply means “to miss the mark” i.e. we are acting out of alignment with who we truly are (thanks Brice!!).
- (Sovereignty and alignment with light/love): We are divine sovereign beings of the light but freewill means that we have chosen to experience what we are not.
The Great Awakening is simply remembering who we are.
- The more the divine feminine aspect of ourselves is experienced as unconditional love, the more it will be connected to source and consequently, the divine masculine aspects of ourselves will act uniquely and divinely in the world.

4. The Fated Life and the Destinied Life

(26th August 2023, post)

hi, there was an interesting synchronicity yesterday.

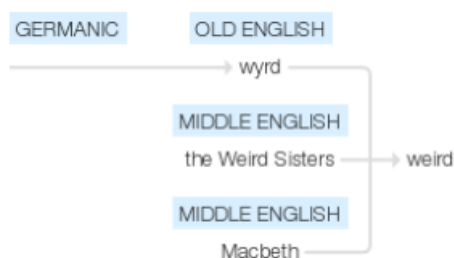
brice mentioned, in passing, that the etymology of the word “weird” means: “the one who is liberated”

https://www.youtube.com/watch?v=Jofs_7rE7Xk

....and the attached states: “having the power to control destiny”.



Origin



Old English *wyrð* 'destiny', of Germanic origin. The adjective (late Middle English) originally meant 'having the power to control destiny', and was used especially in *the Weird Sisters*, originally referring to the Fates, later the witches in Shakespeare's *Macbeth*; the latter use gave rise to the sense 'unearthly' (early 19th century).

holly and sarah yesterday discussed the fated life versus the destined life.

specifically:

the fated life being life as dictated by the circumstances we find ourselves in (born into).

the destined life being the life as chosen by the soul prior to incarnation.

<https://www.youtube.com/watch?v=Cnxjg2QoUXc>

so, what i took from this was the fact that i should fully embrace my weirdness; it is the best spiritual complement that can be bestowed.....it simply means, i am on the right path discovering and embracing my divine unique essence.

...and, the nice thing is, the more we express our uniqueness the more others feel comfortable to embrace theirs too and, together, we change things i.e. make the fated consistent with the destined x

(3rd May 2023, post)

...

i think in the world we are taught to “perform” or act from the ego.

whereas observing and being quiet allows us to step away from this need to “perform” or rejects this controlled narrowness of being that the ego commands ...not sure if that makes sense.

it’s funny, i was in danger of becoming a very good “performer” some time ago, but something intuitively knew that it was important to hold on to my quirkiness.

my quirkiness seemed to filter out those who were only interested in my “performance” or the string of surface/status labels i had accumulated.

those who loved my quirkiness, were actually more secure in themselves and were more fun!

it means a lot that you think we are similar as i have always felt i was the only one like me. so, thank you for being you (me!).

i get the sense that you wrote your reply from a place of authenticity (your heart). from this place, we are equally smart and witty but each with out own unique flare.

i’m glad i make you smile...i have smiled while writing this too, so thank you x

(18th August 2023, post)

...

2. love

most people love conditionally....it’s a part of our survival armoury.

i do think we are here to love unconditionally...and we are here to show the way by example which means we choose to always love unconditionally whether we receive the same back or not....unfortunately!!

3. friends

i have wondered (and asked) why i have no real friends...as this is a very lonely path and i was told that i already know what true friendship is (and have many

such friendships) but for the moment (as hema!!), i chose to experience the absence of true friendship as this has enabled me to go within rather than look/depend upon others.

...in other words, it's a challenging path we have chosen but these choices are ultimately what serves ourselves and others ...as unhelpful and as crappy as it is to live!! x

5. Our Sovereign Divinity is Accessed Via Our Freewill

Brice has mentioned that the story of the goddess Ishtar and Tammuz represents the shadow work journey.

Ishtar is the inner voice guiding "one" (Tammuz) through shadow work; to return oneself to their unique authentic divine self.

We choose to listen to this inner voice or not.

(24th March 2023, post)

*wow, that's really powerful brice- i really loved this, thank you.
a soul that dove deeply and wholeheartedly into life to then seek to rediscover her true self....a very courageous life lived.*

what i am finding is that i am releasing the old earth that is in me through shadow work, and as my "canvass" becomes uncluttered i am feeling the love and pull of sophia.

i think the trick is to maintain my "blank canvass" (once attained) as this canvass is me by default, and to allow sophia to flow through me (my canvass) as i am both sophia and a unique and sovereign portal of expression for her.

i think this is the premise of the new earth (right?) x

(1st September 2023, post)

*....holly, i love the surrender prayer. thank you.
surrendering has come naturally to me, i'm not sure why.
but thank you.*

The Surrender Prayer (by Holly)

Mother Father God connected to the All.
I cease to control my every event,
And surrender to divine intent.
For my soul's plan for me is pure,
Known as destiny I am assured.
Your will, not mine, is the path I now choose.
For my highest good I commit.

And so it is, and so it is and so it is sealed in divine love and light.

“If you think about the movie of your soul, every lifetime is a scene in your movie....some scenes are going to be different than others.”

Kaia Ra (6th September 2023)

Re-Remembering Me

1.8

Allowing the Divinity to Come Through

1.8 Allowing the Divinity to Come Through

1.Shadow Work

Having spent 10 months doing shadow work, I felt exhausted:-

(1st September 2023, post)

hey.....

it's funny how the universe is relentless in its efforts to ask us "are you sure you want to let go of this?" in terms of our triggers/3d habits by way of offering us up the triggers/old habits in the full spectrum of possible scenarios in which they may exist!!

(6th September 2023, post)

...working through things is tough!!! there always seems to be another deeper level of authenticity to be reached by seeing the lesson/growth in whatever seems so painful and hurtful.

...and then, I had an epiphany:-

(7th September 2023, post)

hi ...thank you for posting yesterday....it made me realise something!!

so everything is experienced by choice/freewill.

i have chosen to do my shadow work and have been fully committed to it.

but it is a relentless testing and is very difficult and wearing at times.

it's a difficult path:-

as mentioned yesterday, there always seems to be another deeper level of authenticity to be reached by seeing the lesson/growth in whatever seems so be painful and hurtful.

also, the testing is infinite because the universe is infinite i.e. the universe will offer up the triggers/habits in the full spectrum of possible scenarios in which they may exist!!

yesterday i joked about "crap fatigue" i.e. i don't want to do this anymore, and, in reply, i felt a "don't then".

i went into the garden and realised that the relentless testing will always exist until i let go of "me"... all of "me" (my hopes, dreams, beliefs, experiences....everything that i have created and collected up until this point within this world that i have known).

this "me" is a construct and so, is an untruth that cannot stand on its own; it requires external points of reference.

the shadow work process lasts for eternity for the constructed "me"..... it is a continuous cycle of replacing one construct of "me" with a new "more authentic" construct!!

the path of shadow work satisfies the mind's need to know and understand; to control (and understand) the evolution of the constructed "me".

so what to do?

in the garden yesterday, i got a split second glimpse of the organic me.

the inorganic (constructed) "me" being the product of the inorganic world (matrix) but the organic me is completely free- it is truth that stands on its own (free from any inorganic construct)....and to embody this state of being changes the world and the people in my life....everything changes.

it's like building a new highway.....once known, everyone naturally uses it!!

but i feel lots of resistance to letting "me" (the constructed/inorganic "me") go. letting go is the ultimate leap of faith.... a true surrender and allowing of my divinity.

but i have, at least, opened myself up to the possibility of allowing..... actually, this is the path i now choose (pigeon steps, though!! but i do feel my hold has naturally loosened by simply being aware that i was holding very tightly onto the inorganic/constructed "me".....and realising there is another way) x

2. Allowing (in Consent and Awareness)

The allowing mentioned above is the allowing of the free expression of my divinity (my pure unique consciousness) through me. In this state of allowance, I opened myself up to change:-

(7th September 2023, post)

erm, something peculiar is happening in my body.

it's really hot here in the uk (unusually so) but it's not the weather but realising there seems to be a fire within my body and it's burning away within my cells....like a clearing x

(7th September 2023, post)

hi, so erm...i finally got a chance to lay down and let the fire do its thing.

it took about 40 minutes.

in terms of what i experienced this afternoon....

the fire felt pleasant but determined but it felt like a "hello, we'd like to proceed!" but i acknowledge it and let it simmer while i went about my day.

the fire seemed to be fanned by reiki energy that flowed up and down my body.

so when i laid down i said: "ok, i'm ready" and allowed whatever needed to happen to happen... i was completely relaxed.

oh, i asked any fire dragons who were nearby, available and happy to help me to please join me (as per holly's recommendation).

my body still feels hot but it did feel like there were four stages: i. a preparation, ii. a clean-up, iii. a build-up and iv. a set-up.

i. the preparation stage felt like the energies were getting a feel for my body (what needed to be done).

ii. the clean-up involved 3-5 dragons cleaning up my cells/energy. i felt them gliding within me.....mopping-up all the "old".

*iii. the build-up involved warm-hot energy within my body.
starting very gently and then building up....the energy moving along my spine to my third-eye (not sure if it made it to the crown).
i felt happy/blissful and the soles of my feet and palms of my hands felt very hot and tingly.
the energy opened up (expanded into) my left side but not my right so i think this will be addressed next time.*

*iv. the set-up....omg!!
a dragon laid on my chest/tummy and i said "yes, only if it's for my highest good and of the highest order of light" and the dragon sunk into me.
we integrated....he represents truth.
i felt tightness in my throat and took the tightness out of my body and someone (an incarnation??) was able to voice herself and as i listened others appeared and i listened.
once they were all heard a tiger sat in my throat... a roar.
then an eagle came and sat on my head/in my head....he represents integrity and solidness of being (i think)!!
the energies of these beings are now a part of me....i am a living totem pole!!!*

i have to go now but thought i'd update you.....this is just the start, but it's breathtaking.

this is just the beginning for all of us x

(8th September 2023, post)

hi holly, i love-love-love!! dragons.... i first came into contact with them in mid-2021 (i think). they have such beautiful energy... loving but fiercely protective.

(8th Spetember 2023, post)

hi holly,
erm, i can feel the energies integrating within me...and strengthening certain aspects of my natural character.
it feels like a beautiful collaboration.
of course this would be the case given that we are all part of one consciousness...meaning: we can integrate "the dragon" energy (or other energy) if it serves us in any task at hand x

(8th September 2023, post)

hey....
hehehe...yes, i was indeed on fire!!!!

i feel we all know what is going on sub-consciously, but we express it in different ways i.e. you felt the need to create a cleansing fire, and others may choose not to express acknowledgement as they are not ready to but will feel it somehow through others' expressions but freewill will determine if it is consciously registered or not.

funny, the burning man fest came to mind as i lay down ... to me, this was confirmation that this "burning" was a normal and well known commonplace practice...perhaps clearing at the start of the autumn (the season for seeding or creating for the coming year).....our natural annual cycle of creation...september being the start of a new cycle, maybe?? (i assumed the burning man fest was in the summer...like all festivals!!).

i did feel my body was being prepped for what is to come.
whenever something happens to me part of me automatically knows to pay attention as i will need to share..... my experiences are simply pointers; to help make the journey less unfamiliar/unknown/scary.
this is my understanding!!
but each of us will have our own unique experiences as mine felt very unique to me.
....

(8th September 2023, post)

hi emmie, what i meant was that i had understood kundalini as being potentially dangerous...a shock to the body if the body was not ready for it..... i have never held the intention to seek it.

it felt magical and lovely....my body was being switched on (activated, as much as my body could handle at that moment...the beginning of a process, i think).

in terms of ego....i recognise now the choice; either face outward to the world (as a mirror/guide to understanding myself) or look within.....surrender.

funny thing is is that i feel there is a team really happy and keen that they finally have the opportunity to work on me.

*i felt last night (while i was sleeping, but woke up) that i was being operated on they were fixing a long standing niggle.
by turning my back on the inorganic, the organic is embracing me fully and lovingly x*

(9th September 2023, post)

hi emmie, i just wanted to also say that i feel i am a better daughter, sister, etc... my energy fills these relationships and i express myself as appropriate.

i no longer define (work within) structures within which my mind manages these "situations" (or relationships).

it's still very, very early days but it feels light and liberating.

i also wanted to add a really, really important point.

for the past 15yrs (..20!!) or so it has felt like every effort was made to make me fail...to not be able to build a life for myself....i am a complete failure in the traditional sense.

but by not being so entwined with the world, it is a much, much easier path to now let go of any "egoic" attachments such as material, professional status, etc, etc... because there are none or very few.

it felt important to mention all of the above..... my life now finally makes sense to me!! x

(9th September 2023, post)

hi emmie....sorry to keep writing to you but having experienced this kundalini thing yourself, are you finding that everything wants to connect with your energy?

i was walking to the supermarket yesterday evening and i felt inanimate objects, people as well as the trees and flowers wanting to connect.....so i did, and my love flowed.....i think everything (consciousness) naturally wants to be nourished with (connected to, be a conduit of) loving energy.

it's really beautiful x

(9th September 2023, post)

woohoo!

hi, yes no effort but i felt the consciousnesses (held in things and in the people) that were wanting to connect with me were starved of energy/love (the unknown/unacknowledged parts of people, for example)so wanting to connect with me to then enrich the body in which the consciousness was held in.

i think this is perhaps how we lift everyone (the tide lifts all boats)... for example, the shopping trolley i touched now holds the energy i gave it and it would raise the energy of the next person who used it

there seems to be a natural and effortless highway (network) ...i love this journey!!
x

(9th September 2023, post)
hi....(my bestie!!) kaia with another gem

<https://www.youtube.com/shorts/Wj2qI9wLDhU>

Re-Remembering Me

1.9

Shadow Work Experiences

1.9 Shadow Work Experiences

1.General Thoughts

(13th November 2022, post)

hi, thank you for being so open. i'm finding that this openness here on this chat (openness about wounds, experiences, etc); the stuff we are not expected to talk about, is what makes us each beautiful and unique expressions of the human experience- raw and real, honesty is where healing starts!! in terms of abuse, i have only experienced emotional and psychological abuses but always recognised that the other person was wounded in some way for them to act that way. i have not experienced physical abuse. had i experienced such abuse, this shadow work challenge would have been so much more challenging. so, my utmost respect and love to those facing such shadows head-on here. my love to you all x p.s. sorry, have not worked out how to create new paragraphs within one message hence my one-block-of-text style of writing!!!

(7th January 2023, post)

...

i have led a very sheltered life.

since joining this group, i have learnt and continue to learn so much...the paths you all have bravely chosen and walked with such love, compassion and courage amazes me.

it's lovely to be a part of this unfolding walk home with you and everyone here x

(3rd May 2023, post)

...

i have been doing shadow work since 2006 (i think!!) when i decided to step out of the corporate world.

it's funny how the nature of the shadow work has changed.....it was more to do with following my inner voice before but now it's more about releasing energetic patterning.

(20th May 2023, post)

hi ..., thank you for your kind words.

i am reading "the sophia code" at the moment and it mentions grace.

so what i am doing is allowing things to naturally unfold...and things are naturally moving and resolving themselves (no overthinking or forcing on my part).

it feels like a natural and gentle process because i feel relaxed and have no judgement.

i simply want to be led to the light but i am fully present when things come to me along the way x

2. My Experiences

I took part in Brice's 30-Day Shadow Work Challenge in November 2022.
Here are some of my posts relating to that experience:-

(9th November 2022, post)

Hi

I wasn't sure whether to share the following (two posts) with you as shadow work is unique to each of us.

I sat with it for a day and it feels right to post.....so, here you are. Hope they help x

(9th November 2022, post)

Hi, although this is my experience (Day1-Day4) it may be of help to some of you ...sorry, it's a bit long!

Day1

Marnie mentioned there being three parts to the spine, and worked on each section separately.

I played "Existence" by Shylah Ray as much as possible during the day, including when I woke up.

Day2

As I was about to start the barre workout, I thought I'd focus on my spine as I have really poor posture (always looking downwards, shoulders rolled inwards and down, hips not square beneath my spine, back often hunched!).

I enjoyed the workout noticing that when my head and spine were aligned, I was centred in my core making the movements easier.

But then!!! while watching four squirrels playing in the garden later that morning, I noticed a transparent black shell around me separating me from everything around me. While the squirrels, trees, birds and flowers were free I was not! Everything I thought was me was this shell..."ok, thanks....i know it's there now....can I come back to it?" I basically made my excuses and got conveniently busy doing something...anything else!! This was my initial response but ironically, as the day progressed, I became happy- a shadow had revealed itself!

During the rest of the day, I allowed myself to feel the shadow- to become familiar with it in the hope that I'd be guided in the coming days to heal/let it go. The shadow was deeply ingrained in me, deeply held beliefs of who I am:- unworthy, not good enough, do not belong, unsure, etc, etc.

I continued to play "Existence" by Shylah Ray as much as possible.

Day3

I did the Emi Wong workout (unexpectedly!) but only lasted a few seconds under the cold water after. As I switched off the tap, I felt a separation of my

shadow/wounded self from my unwounded self. I switched the cold tap back on and stepped into my unwounded self for a minute or two.

An hour or so later, at my desk, in my mind's eye, I held a tray holding dark clumps. These clumps were the shadow (unworthiness, not good enough, etc). In front of me were other people...some I knew, most I did not (a crowd of light). They were my family (generations of) all happy that I had this tray. This shadow was ours, collectively.

I turned around and there was a very bright white light (a presence), Sophia (I think!).

I knew I was to hand the gifts on the tray back to Sophia but my grip on the tray became hard and I trembled intensely inside. I felt ugly crying bubbling up- I dropped the tray and returned to my desk (came out of my mind's eye).

I played "Existence" by Shylah Ray repeatedly, feeling helpless and alone. I was firmly in my wounded self.

I'm not sure how much time had passed, but I began to feel a hot disk behind my heart and it seemed to connect directly with the song. A few minutes later, tingling in my gut turned into a warm disk, and a nice warmth ran up and down my spine between them. I then felt warm sensations running down my arms.

I think my higher self was coming through my heart, all my past lives were coming through my gut, the warmth running down my arms were my guides, and I could feel my unwounded self looking at me. I was not alone. The song represented our new world.

I then realized that they loved my wounded self unconditionally and only saw the courage and beauty in my imperfections. This realization seemed to be enough and my wounded self let go allowing my unwounded self to step in.

I felt lighter and the tray was back in my hands and my relatives started to put things on the tray. This time, not big clumps but more intricate items- our masks or traits or characteristics borne of the shadow (eg. mask of arrogance, victimhood, pride, etc) now happily surrendered or ready to give back to Sophia.

I turned around and this time with a happy heart, I offered the tray in gratitude. We no longer needed these gifts as we had experienced them and were now ready for a new world of experiences.

The big pile of items on the tray turned into a bright light and then into butterflies and sparkles that floated upward and disappeared. It was beautiful.

Once the tray was empty, there was a brief blast of cleansing light from Sophia that bathed us.

Day4

I feel different today- I'm no longer of the matrix, or at least the grip is loosening.

My spine is wanting to be straight and I'm almost having to learn how to walk again!!!

*Namaste means: I see the divinity in you.
I see the divinity in all things outside of me, I think I shall start to say this to myself
and really feel it deep within me.*

Day5 onwards

*I look forward to the next 25 days.....come what may!! I think this will involve a
dance between my wounded and unwounded selves; to ultimately integrate them. I
feel a wave coming towards me- I have never put me first/looked after myself.*

Healing and then Build

*I think the right-now-moment is for healing ourselves and others. The world we will
then create together will be a beautiful expression of our sovereignty...our unique
essences.*

Thank you

It's nice being part of this shadow family.

Thank you Stephanie & Brice, deeply so x

(9th November 2022, post)

*Hi everyone, writing this on Day7 about my Day4-6 experience (Days4 & 5 seem
such a long time ago!!). Hope this helps:-*

Day4 (evening):

*I had fallen behind in terms of the tasks for days3 & 4 because I was allowing space
for any guidance to come through regarding the shadow I had become aware of.*

*Anyway, in the evening I caught up with my journaling. Day 3: The "3 things you
want to work on":*

- being authentic/heart centred*
- flow of energy within me*
- to live my life- to be happy*

*Day4 journaling on these areas of improvement brought me to my knees...this was
the wave I had felt moving towards me earlier. I was completely overwhelmed with
the realization that my whole life had been a shadow- simple things like my scruffy
handwriting and the pitch of my voice were expressions of my brokenness. A fog
came over me, and I couldn't see a way out- I was completely lost.*

*I went onto the chat to see if anyone else had posted about a similar experience.
There were no such posts but I did see a post from Stephanie regarding shadow
work sessions.*

*I contacted Stephanie and she was brilliant in booking a session in the coming days.
I felt relieved, at least now my higher self and guides would provide some guidance.*

Day5

*I woke up and I had an epiphany. I had been approaching the shadow work
challenge from the ego; making sure all the day's things-to-do were all ticked off,*

and keeping up with the chat, and videos. The wounded me was not being heard, as usual. The solution: to surrender, and allow myself to sink into the core of me, and just listen to my wounded self. Allow her to express herself- to be heard, to tell me what she needs. This part of me (my wounded self) had never been heard.

I played "Existence" by Shylah Ray, and tried to feel my wounded self. I felt a very small but heavy presence deep within. I started to sing along with Shylah!! I was singing to my wounded self. I did this for a little while, and began to feel that my wounded self was curled up in a tight ball, and I just felt love for her.

I now realized that I had always communicated with my ego, and had never given my wounded self any attention- I did not know she was there.

I also realized that my unwounded self was unwounded because I automatically gave my wounded self all the fear, pressure, stress, abuse, etc. Self-sabotage and procrastination were also dumped on her....everything negative, the ugly, the shadows. My wounded self was necessary in order for me (my unwounded self and ego...my masks) to function "normally" in the world.

I remember feeling a sense of fear (from my ego) but I caught it- and said "no", because I was now aware that this fear, if accepted, would be given to my wounded self.

I also realized that, as an emotional eater, I was drowning out my wounded self. I no longer felt hungry.

I think I had created some trust, and so by mid-morning I saw my wounded self for the first time. She was the most abused and unloved being. She was trembling, vulnerable, exposed and weak- her first time away from the darkness I had created. I immediately thought of the underground tunnels. This was my tunnel of abuse.

Thelma and Louise came to mind. I had watched it in the early 2000s, and had cried uncontrollably at the end. I never understood why. I understood now. My wounded and unwounded selves were Thelma and Louise except one had been abandoned and betrayed by the other.... until now.

From that moment, my ego- that noisy voice, has become quiet.

I began to feel unusual activity (tightness/movement) in my throat- as if my throat chakra was beginning to open.

The rest of the day was spent doing normal things but I was aware of my wounded self. She was getting stronger, by my side.

There was a wobble moment, and so I played "Existence" again. We both listened and, at times, I would sing to my wounded self, and sometimes she would join in.

Day6

Cold shower- Thelma and Louise entered into the shower hand-in-hand!!! Neither of us like it but we're committed to the process!!!

It was a very busy day with family, but I felt my wounded self enjoying the day- she felt safe, she knew she was protected by me.

Tightness and movement continued to be felt in my throat.

Day7

I felt my wounded self release energy, but my unwounded self was unable to release it. I think I just needed to relax into the release, allowing the energy to pass through me....this is very much a work in progress!!

Also, I got promptly tested!!....interesting timing!!! I stopped and consciously decided how I would handle the matter. Dumping negativity on my wounded self (or anyone else's wounded self) is not an option anymore i.e. to put a mask on and look at the matter through that mask. And funnily enough, when that decision was made, my heart expanded and I began to think of win-win solutions...oneness not separation....heart-centred action. Trust and faith in the divine rather than working within the limits/logic of the matrix.

This is still very much early days (and will stumble along the way, I'm sure) but it feels lovely. My energy feels free flowing: I feel I'm glowing from within. Happiness feels a natural state because all of me is being loved.

DAY8

Several times today, I felt united; wounded and unwounded no longer existed within me. Instead, a feeling of wholeness- a beautiful golden (energetic) being standing solidly within me holding a tray offering piled high with love and prosperity....the ultimate expression of namaste (I think).

We are on a rescue mission....to save ourselves.

As within, so without.

I feel so much love for you all.

We are walking out of the darkness and into the light together (all of our Thelma & Louises reunited and hand-in-hand!!).

Thank you for being here with me. It's a deep honour and privilege to be walking with you all at this time x



<https://www.youtube.com/watch?v=5Tjt1wyQvnQ>

(27th November 2022, post)

hi, just journalling before family come over.... a thought, do you think the original meaning of the word meek is "one who has no friction????".hmm, interesting

(1st March 2023, post)

hi, i loved the conversation between angie, nicole and brice...which touched on the idea of walk-ins.

when i look back at my life, i have had quite a not-so-good life.

no physical abuse (i'm very thankful for) but just lots of emotional and psychological stuff and just absorbing a lot of bad karma (the buck stops here, kind of thing!).

oh, i have had brilliant times too and have always felt very much loved... but my life, on the whole, has been quite crappy!!!

i remember when i first started to watch brice's videos and she would often talk about narcissists and being attacked by dark beings and i would often think- wow, can't imagine what that's like!!!

but actually, when i look back at my life, my life's been full of these experiences... mainly, the dark acting through people!!!!

day1 of the 60-day challenge includes a video with holly.

in this video, she mentions that she had a walk-in.

this walk-in was needed to absorb the negativity in her life.

i had become aware of a being within me during the 30-day challenge.

*she had absorbed most of the negativity of my life to-date.
having become aware of her, it felt nice having someone "with me".
but having watched the holly video, i realised that this being (my walk-in) was not
a part of me but was a part of my angel guide who is always standing to the right
of me.*

*i asked my friend (the walk-in) "you're going to leave now aren't you?"
and she said "yes"...her work (to protect me) was complete, and she was happy now
to return back to herself- my angel guide.
so i watched as she disappeared (into sparkles) from me and became a part of my
angel guide.
i feel so much closer now to my angel guide!!*

*i have had quite a busy year or so (in the quantum) and i was only able to do these
things because i was (mostly) free of any negativity of the life i have lived.*

*i'm not sure if any of the above resonates but i'm just left with a feeling of complete
love and being loved unconditionally.
we're so conditioned to feel fear (which is very "loud") that the subtle quiet
unconditional love that is always present is often not heard or felt.*

again, not sure if this makes sense but thought i'd share nonetheless x

p.s. i love your heartfelt posts on grieving...i love you all x

<https://www.youtube.com/watch?v=s5bQU2iB9I0&t=17s>

3. A Promise to Myself to be a Disciple of my Heart

*(7th December 2023, post)
hi*

*i was inspired to write a prayer or promise to me for my day30 journal entry.
it's working magic on me.
i either read it in the morning or simply think of it and my whole being is at once
both grounded and connected to the divine.*

there's a chance you may find it to be a lovely thing to have too.

*it's perfect for me at this time, but i do see myself tweaking it as and when
needed.....it's an active lifetime promise or prayer to myself.*

*i just wanted to say that everything is an expression of divinity, including the dark.
i like to think that we are not warriors fighting the dark but joyful expressions of
ever expanding light.
this great awakening is us choosing to rediscover our infinite magic and light
having previously chosen to experience and learn from the dark...we just got stuck
here!*

to paraphrase marnie alton (very loosely!!!): i expand into the infinite with complete faith as i know love will catch me if i fall.

admittedly, this may all seem airy fairy but that's where our magic lies...in our boldness of faith and willingness to act as sovereign beings (and not in the contracting and closing into the "safety" of controlled limitedness).

so, here it is (with the appropriate upper case lettering!!!):

DISCIPLE OF MY HEART

Gospel of Me

My body is my truthsense and I promise to listen to its truthsaying above all external things.

I am one with everyone and everything around me. I promise to be connected through my heart, energetically; to play in the world heart-to-heart.

I am light and I promise to never close off my light to anyone or anything. I promise to shine my light brighter with each new day- a daily celebration or thanksgiving of my unique and divine gift of life, as Hema.

x

4. The Importance of Staying Actively Present (and Not Actively Avoiding)

(18th December 2022, post)

hi, i'm going through something myself at the mo...not really shadow work but more of a gut punch.

i have just accepted it and let it be, and over the past few days flashes of understanding have revealed themselves....so, i know why it had to be this way.

in terms of shadow work, i have found it's been different each time i have hit friction/a shadow.

what i have found (the natural course for me) was to allow it, and then be guided by my heart.

it is actually a really nice discovery of self....you find that you are so much stronger, magical, amazing than you ever thought!

but, it is hard (when you are in the midst of it) but the key i found is to sit with it and listen...and ugly cry if you want to!!!!....to surrender in order to willingly release with love.

i hope this helps x

(26th March 2023, post)

hi ...

i had a moment in the 30-day challenge.

i felt an intense sense of powerlessness and of being completely lost and alone but i just surrendered to it.

allowing whatever needed to come up to come up...allowing it to be.

and, funnily enough, once everything had come up (had been seen and heard) i felt an inner peace of knowing that none of any of it was me.

with this knowing, these things no longer had a hold over me.

i then remember feeling a powerful flow of energy that came through me... a new lease of life.

so, perhaps, this is an opportunity to let go of things that no longer serve you to enable a re-birth.

i love the way you are feeling your way through things and your authenticity and willingness to be vulnerable and loving.....thank you deeply x

(18th May 2023, post)

..but isn't that what makes us so special? to feel the emotions even though it is based on illusions.

i'm working through some quite deep routed issues (including a "mum issue") but rather than rush into the "it's an illusion" thing, i am finding i am feeling through them to understand (immerse myself) but with an awareness that prevents me from becoming "drowned/blinded" by it (follow old patterns of behaviour).

i'm learning a lot about myself and falling in love with myself by understanding why i had those deeply held attachments....letting go of these attachments will be natural once i've understood/seen me reflected in them.

not sure if that makes sense x

(25th May 2023, post)

hey ...i'm good thanks, you?

it's funny, i'm at a funny stage it seems.

i'm letting go of holding on to things ... i feel my life-long (or fundamental) relationships around me are loosening.

i didn't realise how much my sense of self was tied to the ones i most love and the world i live in.

this loosening seems to be providing me with the opportunity to turn inwards (to ground myself in myself; in my true sense of self).

but i'm finding i pull back as i'm a little scared which is silly really as i am simply becoming fully "me".

i think this is what sovereignty is (to have this "within" foundation)... i know the relationships i have with those i most love will be stronger because i will be more authentically me and i will be more in control rather than be controlled by the world around me.

i have my follow-up session with holly later today..... she's worked miracles on me so far, so it'll be interesting to see what happens! i shall hold tightly onto my bonnet!! x

(10th May 2023, post)
{lesson130 from A Course In Miracles}
wow, this lesson!!

i've had an interesting day.
lots of potential triggers.

but i wanted the day to not be an awful day and so i put a positive spin on things.

i found the interactions i was having were false/inauthentic as a consequence of this positive spinning/rose-tinted glasses.
i didn't want this either.

this was a genuine desire ...for things to be good, and with this genuine want, i felt myself moving from my mind (managing the situation) to my heart.
i just went with the flow (allowed things to unfold naturally or met life exactly as it was).... it turned out to be a nice day after all.

maybe the "hell" world is of the head/mind and the "heaven" world is from the heart (where perception is always love/oneness/harmony).... i think this may be it because my day completely changed ... the energy was completely different.

thanks emmie, as always x

(10th May 2023, post)
...the penny dropped for me today that this spiritual journey is a live immersive practice (practical).... we can know things but we have to live them....oh, no....i can picture you doing a facepalm and saying "d'uh!!!"... what can i say but that i'm a little slow!! hehehe x

Re-Remembering Me

1.10
The Destined Path

1.10 The Destinied Path

It was only after watching a video (Holly and Sarah), that I realised I had been choosing the destined path over the fated path.

<https://www.youtube.com/watch?v=Cnxjg2QoUXc&t=53s>

When everyone else in my life (seemingly, the whole world) is living the fated path, living the destined path (unconsciously) has been a very lonely and hard experience at times.

1. An Empath

(3rd March 2023, post)

....

*in 2019, i cried when i stumbled across what an empath was.
until that point, i had felt so different to anyone i had ever known and thought there was something wrong with me.
i longed to be "normal" but my heart/gut always took me away from "normal"!!*

*by becoming aware of what an empath was (and that there were other empaths in the world), i felt comfort- there was nothing wrong with me.
i now had a framework of understanding myself!!*

.....

(3rd March 2023, post)

hey...., how are you?

it's sooooo nice when you realise someone else shares the same experience (thank you!!)....we're empath twins!!

i often think of myself as being very dopey on my "awakening" journey thus far because when i look back, things were always made very obvious to me but i did not have the eyes to see until i was ready to see!! ... my guides/soul have been very, very patient!!

being an empath is lovely and it does rub off on others.....once you know you're an empath!

it's empowering.

but before, not knowing i was an empath, i felt like a doormat.... but somehow simply knowing i'm an empath and knowing i choose to be this way is empowering.... there's a solid energy behind the kindness that was not there before!!

hope that makes sense x

(3rd March 2023, post)

*thank you for your kind words
when i say "dopey" i mean it as a term of endearment; to acknowledge how much i
have grown and to laugh at myself too (to not take myself seriously).*

*so much has happened in such a short space of time ...a wild ride so far (as am sure
you all have had too).*

*i have no idea what i am doing most of the time- just following my heart/gut but
when i do look back (hindsight) it is often with a deep affection (perhaps how my
guides see me) as i have stumbled but kept moving forward along this path home.
thank you again for your lovely message, .. x*

*(24th April 2023, post)
"embodied...walking the way."
i love this....thank you, as always ... x*

<https://youtu.be/XDWVYoksNKO>

*(27th April 2023, post)
hi, i have never understood the rules that everyone else seemed to know and live by.
i always thought i somehow did not get the handbook at birth!!*

*this clip is how i always thought i ought to live but was "not allowed" to which is
why i always felt lost....ironically, i never felt more lost than when i was
"successfully living" according to societal rules.
(during a team building weekend retreat, a question was asked: what are you the
best at that no-one else comes close to? and my immediate thought was: love).*

<https://youtube.com/clip/UgkxfAbQcpK8EIGsNBcNF9vruHC3AVSbHpqh>

*hope this makes sense
x*

*(30th April 2023, post)
...just watching this video from kaia.
only 5 mins in but she is explaining what i mean by following my heart in the
quantum....it's being fully open to the present moment (or being in a state of
innocence as kaia describes it to be) x*

<https://www.youtube.com/watch?v=tjFV8fkb4Yk>

(23rd April 2023, post)

...

i think many of us on this spiritual journey have this sense of inferiority.

may be it's just us recognising that we know nothing but yet, we do have our being firmly grounded in love and so, we do not want to mislead.

but recognising that we are all on this journey together, and learning and evolving together is a nice context...it is the context!

this makes sense to me.

but yes, it is a huge stumbling block hope you realise how much you have helped me (us) by simply being your authentic and amazing self, emmie.

your light is warm and blinding x

(5th August 2023, post)

hey leslie, i love this one.

it describes a knowing (deep within my core) i have not been able to pinpoint and articulate, and is the reason why i have always felt the-odd-one-out or something-is-very-wrong-with-the-world.

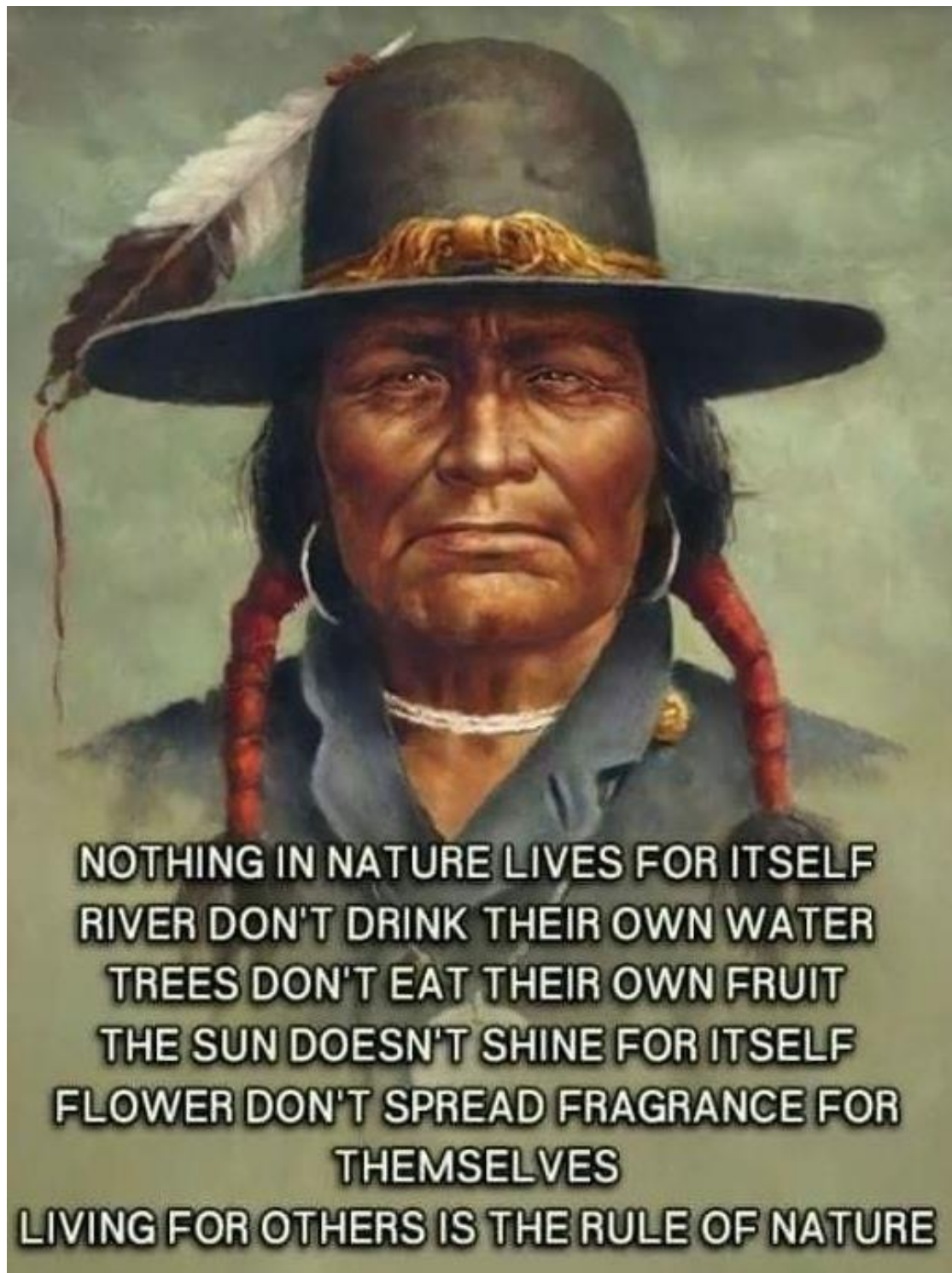
i am finding (with awareness) that serving others is actually enriching and empowering... because we are one; a tapestry of inter-connected oneness.

before, i just felt a natural want to help but felt very much like a very-well-used-doormat(!!) as a consequence but despite this, i would always choose to help.

awareness is the key that changes everything.

awareness is empowering.

thank you x



(11th August 2023, post)

hi...really enjoyed brice and angie's live (tho', i caught it after)- a serious topic discussed openly, effortlessly and warmly by two friends.

erm, since the age of 16, here in the uk, someone dies of domestic violence each week.

this statistic has always stayed with me; haunted me.

i think i would have been part of this statistic had it not been for a loving family and a solid "no" i have always naturally had deep within me.

i've often wondered why i have felt so attached to this statisticperhaps, these people are "highly sensitive people" or empaths (like me) but unlike me, they chose to experience this in this lifetime...not sure x

<https://www.youtube.com/watch?v=wceUx7mI3W8>

2. The Destined Path is a Freewill Choice

When I look back, I have felt this pull forward along this destined path.

But along the way there have been very testing moments and, in these moments, the pull ceased and an opportunity to choose to no longer follow this path opened up to me.

Each time this has happened, I have felt a yearning deep within me (that is bigger than me).

This yearning was a constant in me as a young adult but this yearning stopped as soon as I started to listen to my inner quiet voice.

And so, I have always chosen to remain on this destined path.

(20th September 2022, email)

hi

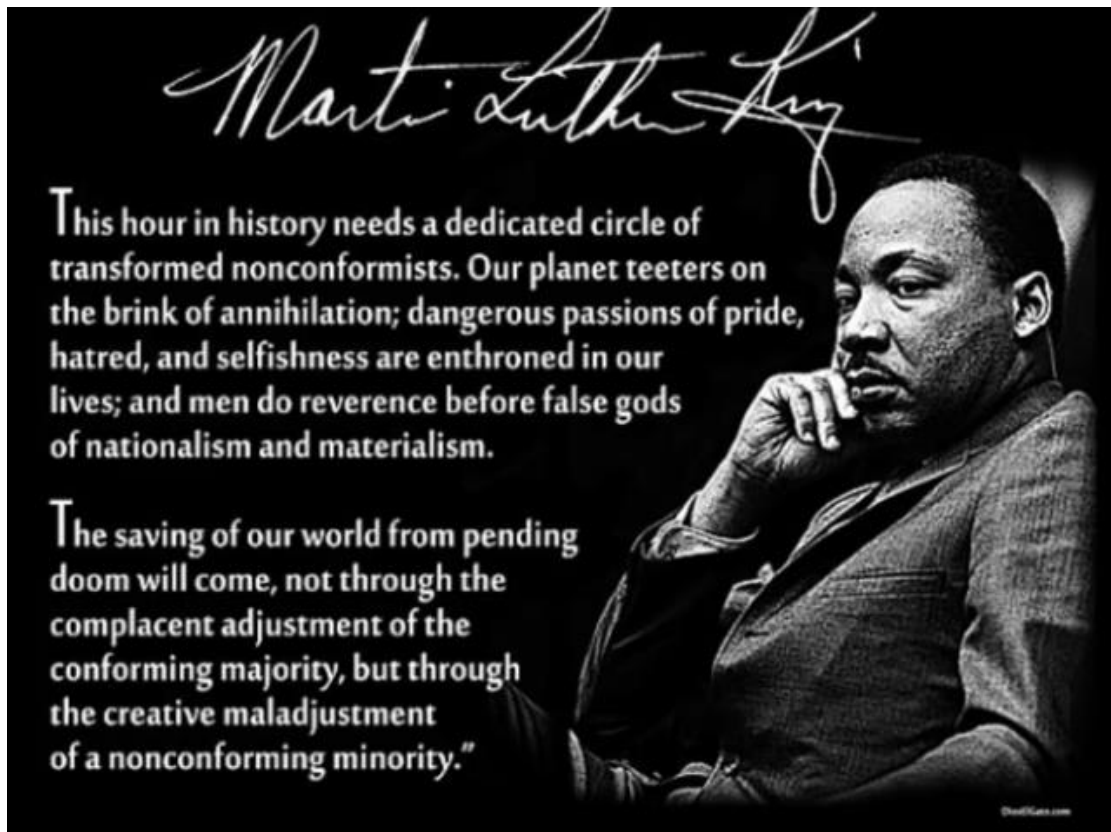
just watched the 9c Magdalen video.

if you are still in that feeling; that feeling only you alone can navigate despite knowing you are loved, etc, etc,...i find these are helpful x

thank you for your creative maladjustment and your light x

**There is always light, if only we're brave
enough to see it. If only we're brave
enough to be it.**

Amanda Gorman - Poet-Activist



(21st September 2022, email)

hi

what i meant was that this can be a very hard and lonely path.

it's natural to have wobble moments and it's healthy to ask "why am i doing this?" every so often.

each time i have asked: "why?", i find i become really solid deep within my being.

i am here to do this.

i agreed to this because the divine knew i could handle it, and i am divinely guided and supported.

so, to mish-mash you and rachel photon:

"i was born for this moment, so leh do it!!!"

...but it can still feel crappy!!! :o)

x

(3rd November 2022, email)

hi

i watched the day3 video this morning.

thank you for being open and vulnerable (re: 37th birthday and the orange wall).

i honestly thought that i was a foot soldier, helping to clear the way for the heroes much like rogue one (star wars movie....really resonated with me). the past year or so has been relentless and i thought that my next life would be better; that this life

was not for me but a job to be done (as the stress has been incredible from hmrc, the bank litigation and given my life to-date in general, and my inner most yearnings not answered/solidly blocked).

i have stumbled upon some shadows....but allowing myself to be patient, gentle and loving with me. will write a post on signal once done (if i think it may be of help)

...

3. Tightly Held

(3rd October 2022, email)

...

i have felt i have been held very tightly in a holding pattern for the past 15 or so years.

i had a dream (a few months ago) i was at my elder sister's house, and i found a little lost turtle/tortoise on the floor. i picked it up in order to find a safe place to release it.

the turtle was very strong, wanting to be released and it took all my strength to keep hold of it. i was trying to explain to it that i would let it go as soon as i found a safe place...but the turtle kept up its effort; wanting to be free.

i realised that the "me" in the dream was my higher self and guides and "i" was the turtle.

i hadn't realised i had been wrestling so hard for my freedom all this time!!! so, i have now just surrendered to the divine plan x

(13th December 2022, post)

hi,

up until a few months ago, my life made no sense at all...things would never work out for me or would go from bad to worse.

but during these past few months, i realised why it had to be that way; why i had to be held tightly in a holding position, until the right time.

erm, i came across this song....and it reminded me of the old me; the one who was "tightly held" and blocked from the things i yearned for deeply.

so, for anyone else who experienced this...a big heartfelt hug to you
<https://www.youtube.com/watch?v=8j4hg9VrYX4>

(5th April 2023, post)

....i am and have been suspended (my life on hold) for sometime now (not of a 3d job!)...this "life on hold" enabled me to be available to go into the quantum as and when required and also to receive downloads.

....so, it's 7:19am now and still in my pjs thinking what should i have for breakfast!!! x

(14th June 2023, post)

*hi,erm, my life's a complete mess!! in terms of the matrix i.e. i do not have a job and live with my mum!! but my "mess (failure) of a life" has enabled me to be somewhat free from the matrix...i'm not so tightly held by it.
this is perhaps why i am "relaxed".... just a thought that came to mindx*

4. A Glimpse of What is to Come

(21st August 2023, post)

*hi, the idea of "being in the moment" and not focussed on the past or future has been a definite change in my life.
i find i don't dwell on the past and i'm not preoccupied with what may happen as much as i used to.*

*but yesterday, something funny happened.
i saw a cluster of bright lights moving slowly towards me.
i knew immediately that each light was a soul waiting to come into my life and they were happy and excited that they were close enough for me to see them and i felt them say hello.
my heart opened making a connection to this cluster....this cluster and i are moving ever closer together.*

*the present (on this timeline i am on) is aware of the future (also on this timeline).
something deep inside me has lit up.*

before, when i would be preoccupied with the future, i would feel anxious and disconnected the timeline (in my present) must not have been connected to the future that i wanted (a complete disconnect of timelines).

*but the experience yesterday (the present and the future on the same timeline) felt effortless.
not sure if this makes sense x*

Re-Remembering Me

1.11
A Rollercoaster Ride

1.11 A Rollercoaster Ride

This ascension journey has been a rollercoaster ride; the ascension energies most definitely shaking and stirring us up.

I think it has to be this way to ensure we are fully engaged on the path of freewill.

(27th April 2023, post)

...it's actually very, very beautifully designed.... and we choose based on how deep we choose to dive into ourselves as we are our own compass. i have a lump in my throat x

(2nd August 2023, post)

erm, is anyone else feeling love flowing out of their hearts... regardless of what may be happening around them?

it's like love is taking over ... the flood gates have opened and my mind is left on the sidelines happily stunned into silence.

my rational mind should be very active (or triggered into action) given my circumstances, but no.... no, more (it seems!!)...it seems the matrix has no importance or hold over me or less so.

or, at least, this is how i am feeling right now.....this "love vs mind" may come in waves for me and it's just that the tide of love is high for me right now and it may ebb away to only come back stronger later.... it feels like i am being carried or acclimatised to love being my norm.

just wondered if anyone else is feeling this too???!!!! x

(10th August 2023, post)

hi, i posted a few days ago that love was flowing out of my heart and my mind was left on the sidelines watching as my heart naturally took the reins....well!!!

recently, my mind has taken hold of the reins!!

i'm finding that i want to release (and be free from old patterns/habits/programming) but my mind is holding tightly on to these.

it's a real tug-of-war but i'm trying to find a way of enabling my mind to naturally want to release these deeply embedded ways of being....and for my mind to be fine with not replacing the old ways with new habits.

the mind seems to like to have something to rest upon; to hold on to!!

i think this "enabling" will only truly come when my mind is happy to surrender to love (the heart); to consciously trust the universe...my divine path.... but the matrix has done a very good job of keeping us in survival mode and with that comes the deeply entrenched need to be in control; for the mind to operate within a known structure of being.

this is just what i have noticed with my own experience ...the theory is easy to understand but it's blooming hard in practice!!! x

(10th August 2023, post)

hi ...yes!!!

it's like the universe is cleansing us (scrubbing us down!!) very, very thoroughly; to rid us of everything that is not truly ours.

almost as if to say: "what's this hiding behind your ear (did you ever wash behind here??!!)....do you want to keep it?" x

Re-Remembering Me

1.12

The Wizard Of Oz

1.12 The Wizard Of Oz

The law of the universe is freewill or consent.

Meaning: we have to actively give our consent.

The reality is that we give our consent unknowingly; oftentimes passively through our inaction.

The controllers' garner our unconscious consent by telling us the truth. A prime example of this is the third most watched film of all time, The Wizard of Oz.

Note: having read through the posts below, I make reference to old souls and young souls. This is incorrect. More interestingly, Toto refers to our divinity (and Dorothy is us) as explained in section 2.

1. The Wizard Of Oz

(12th December 2022, email)

hi

while doing yoga this morning i was struck by a thought...an "ohh!!" moment. i know you have to be in the moment when in practice, but it was "in a relaxed state" that the ohh moment just expanded into a wide-eyed "OHH!!!".

the "ohh!":

everything is based on consent.

we chose to be here at this time....to wake up from our sleep.

everything is a loving present; a tool to enable this waking up.

no darkness or light but expressions of divinity.

we are not warriors but simply allowing more light to come through us.

this is not a war of good vs bad but a conscious choosing to know and express our light.

the great awakening is simply each of us (if we choose) uniquely rediscovering our magic .

....

the controllers do facilitate consent but it is manufactured unconscious consent i.e. the wizard of oz does clearly set out two scenarios or interpretations (oh, plus a red herring in the form of gold-backed dollar!) and it is for us to choose which story to see...we accept the heavily marketed story not realising there is another interpretation (the story of now and us).

.....

(8th February 2023, post)

hi soul family (love this term of endearment!!),

i have had some thoughts about "the wizard of oz" for a little while now and, over the weekend, i felt a nudge to post.

so, here I am again!!

these are just my thoughts but, as ever, please feel for the truth within your beingness as you read.

(oh, i have not read the book, but grew up watching the film).

part a: different stories

1. the famous story

the "wizard of oz" tells the story of dorothy and her adventure to find her way back home- dorothy's heart's desire.... "there's no place like home"

2. the generally accepted hidden meaning

the general consensus is that the movie/story is really about the return to the gold-backed dollar (and not about lost dorothy and her friends).

3. the true hidden meaning

i believe "the wizard of oz" is the story of us now- the great awakening.

the controllers had to let us know about the great awakening and they have done so in very fine detail(!!) via this movie (the most-watched movie ever) though the true meaning alludes us (of course!!!!).

having secured our inadvertent consent (most of us know or have watched the film), the controllers are free to steer us away from the great awakening.

towards the end of the film, the wicked witch of the west tries to physically remove dorothy's ruby shoes (sovereignty) but is unsuccessful.

remembering that the shoes can only be removed by subtle means, she says: "these things must be done delicately, or you hurt the spell."

this is an admission by the controllers that the only power they have is the power we unknowingly give them requiring no force but simply consent through trickery/deceit...spells.

part b: the hidden "great awakening" story

1. chakras

"the wizard of oz" is similar to the rama, sita, hanuman and ravana epic of the bhagavad gita but told in terms of the chakras.

the land of oz is our internal world

a return of the old soul (toto) and young soul (dorothy) back to the heart (emerald city).

the path is yellow (kundalini) involving overcoming shadows in the chakras to achieve balance:-

i. the root (scarecrow): to be grounded but balanced with heart-led thought i.e. respond not react

ii. sacral (tin-man): to be creative but balanced with the heart i.e. create for the good of all

iii. solar plexus (lion): to be strong balanced with courage i.e. to do what is right (of the heart)

iv. wizard (heart): to understand that we are the magic; the magic is found if we go within (heart-led).

"you've always had the power my dear, you just had to learn it yourself." (glinda, the good witch, to dorothy)

2. breakdown of events

i. dorothy and toto leave kansas and land on the wicked witch of the east. specifically leaving behind the:

- matrix or outside world (kansas) and

- ego (witch of the east- ego based on maintaining labels, outside expectations, the material, etc)

and have gone within (land of oz).

ii. obtain sovereignty (ruby shoes...whoever wears them has power!)

iii. journey begins on the yellow brick road (kundalini).

this journey being thwarted many times by the wicked witch of the west who attempts to take dorothy's sovereignty, ruby shoes.

the wicked witch of the west is also the ego but the subtler form (deeply embedded/artful dodger) causing friction.

friction or shadow work being the tool to liberation.

iv. glinda, the good witch of the north, is mother nature ("she always catches when you fall") or perhaps our guides.

glinda travels by "bubble".

the etymology of "bubble" is to imitate



bubble

/ˈbʌbl/

Origin

ENGLISH

burble → bubble
Middle English

Middle English: partly imitative, partly an alteration of **burble**.



burble

/ˈbɜːb(ə)/

Origin

Middle English (in the sense 'to bubble'): imitative. Current senses date from the late 19th century.

i think this reference to “imitation” points (beyond glinda) to the true light, sophia- the “unseen” that is in everything..... we are slowly rediscovering who we truly are as we make our way home to the light/sophia.

(note: the book mentions a wicked witch of the south who is defeated by glinda)

v. the wicked witch of the west is defeated once we release all emotions/fear (water) and stand firmly in our sovereignty (the heart)

vi. dorothy and toto return to kansas as sovereign beings; two emeralds now linked to the emerald network. this network is explained further below.

3. over the rainbow

i have attached the lyrics to the song ...



Over the Rainbow >

Song by Judy Garland :

Somewhere over the rainbow
Way up high
There's a land that I heard of
Once in a lullaby

Somewhere over the rainbow
Skies are blue
And the dreams that you dare to dream
Really do come true

Someday I'll wish upon a star
And wake up where the clouds are far behind me
Where troubles melt like lemon drops
Away above the chimney tops
That's where you'll find me

Somewhere over the rainbow
Bluebirds fly
Birds fly over the rainbow
Why then, oh, why can't I?

Somewhere over the rainbow
Bluebirds fly
Birds fly over the rainbow
Why then, oh, why can't I?

If happy little bluebirds fly
Beyond the rainbow
Why, oh why can't I?

as i remember, dorothy sings this song as she longs to be elsewhere (where there are no rules or troubles).

i believe the song refers to the fact that we are living under a firmament (prison). the colours of the rainbow seem inverted as the red band should be at the bottom and not at the top (to be consistent with the colours of the chakras: root/red being closest to the ground). but there is no inversion.

the red of the rainbow is closest to the surface of the firmament!!julieca vierkandt posted about this just before christmas, thanks julieca!.

part c: our choice

1. the title of the film

the etymology of wizard is: philosopher or sage i.e. someone who is wise ...



late Middle English (in the sense 'philosopher, sage'): from wise¹ + -ard.

the word oz derives from Oscar and Zoroaster

What does the Oz stand for in Wizard of Oz?

Working as a magician for a circus, he wrote OZ (**the initials of his first two forenames, Oscar being his first**, and Zoroaster being the first of his seven middle names) on the side of his hot air balloon for promotional purposes.

oscar means: spear of the gods...

The meaning of Oscar is "**spear of the gods**". The name was brought into Irish Gaelic in the form of Oscur, which later acquired the added meaning "deer friend". Pronounced: Oss ka.

zoroaster means: an interpreter of the will of god...

Definitions of Zoroaster. **Persian prophet who founded Zoroastrianism** (circa 628-551 BC) synonyms: Zarathustra. example of: prophet. someone who speaks by divine inspiration; someone who is an interpreter of the will of God.

2. *why this title?*

the title refers to us.

we are the magic; the only real magic, wonder and power is ours.

3. *we choose*

we choose whether we give our power away and allow someone else (the controllers) to be the wizard or we choose to be divine sovereign beings.

"pay no attention to that man behind the curtain." the wizard says as toto pulls the curtain back to reveal that the wizard is but an ordinary man.

part d: continued control

i loved the musical "wicked".

it tells of the "untold" or "real" story behind the "wizard of oz"; a cleverly crafted story.

as i left the theatre, i remember laughing and saying that i felt like the "wizard of oz" was propaganda!!!!.. the green witch is good...omg!!!!... my childhood was a lie!!

from what i remember, the happy ending to "wicked" sees the wicked witch of the west (the green witch, elphaba) and the scarecrow walk hand-in-hand into the forest where they are to live happily ever after.

my interpretation now of this scene is:

i. elphaba is the emerald ego- we think we are sovereign/enlightened but are not.

the controllers would like us to remain within the ego (to be controlled/manipulated/delusional).

the controllers do not want us to find true spirituality, to be sovereign beings (to be emerald within/of the heart).

ii. scarecrow is the representation of the root chakra (the base or foundation for life). he represents our new world/earth.

the new earth can either:

- benefit the controllers (imposing new structures of scarcity and control) or*
- enable us to blossom as spiritual beings (society based on natural laws of abundance, creativity, etc)*

interesting side note:

the london production of "wicked" is at the apollo victoria.

hamilton is performed a stone's throw away at the victoria palace theatre.

both theatres are located away from the theatre hub of the west end.

note: both represent the controllers' timeline:

i. wicked- steering us away from the great awakening,

ii. hamilton- controllers' history (i.e. no tartaria)

outside the victoria palace theatre is little ben; a cast iron replica of big ben...



complete with a plaque ...



i believe little ben represents the controllers' timeline vs the magdalene timeline. the two-lined poem (inscribed on the plaque) hints that the clock is impartial but can serve either master- controllers (england) or magdalene (france).

part e: great awakening- emerald city

for some reason, i firmly believe the emerald city is not a place but a network of awakened people; a network of emeralds (those of the heart) located across the globe.

this may explain why we are scattered and isolated, to ensure that the emerald city is global/covers all corners.

this network (or global city) is ever expanding or contracting depending on the number of people "of the heart".

i think the great awakening is occurring because the network is sufficient in size.

the emerald tablets being a key part of this emerald community (city).

just like dorothy and toto, we are walking this beautiful walk home together.

*i've really struggled to write this.
my energy is all wonky and depleted!!*

....someone doesn't want me to write this (perhaps??), but it's written now...hehehe!!! X

2. A Quick Gematria Check

T	o	t	o
20	15	20	15
8		8	

I did a couple of quick Google searches on the gematria meaning of the number 8 and 88 and was drawn to the following search results:

i. 8 - the supernatural realm which feeds nature, and the striving of man for a connection with the supernatural.

https://en.wikipedia.org/wiki/Significance_of_numbers_in_Judaism#:~:text=8%20%2D%20the%20supernatural%20realm%20which,a%20connection%20with%20the%20supernatural.

ii. The number eight being the symbol of the infinity, 88 symbolizes the double directions of the infinity of the universe, that is to say the infinitely small and the infinitely large

<https://www.ridingthebeast.com/numbers/nu88.php>

For me, the two 8s symbolise our dielectric and magnaetic fields, specifically, the:

- dielectric ("8" shape or back TO nothing) and,
- magnetic (infinity or sideways 8 shape or TO form (space))

Toto (TO and TO) symbolises our connection to Sophia, Source, Creator, God.



I just did another Google search on the songs from the band Toto....there's a song called "Hold The Line" which includes the lyrics:
"Hold the line,
Love isn't always on time"

This reminded me of an email I sent to Brice:

(26th August 2022, email)

....

so, some time ago, i was having lunch at my desk and feeling a bit lost when my gaze rested upon the kitchen roll i had beside my lunch



3d (order)

the dots of the pattern represent us.

the ordered (limited/controlled/organised) pattern of the dots is what the controllers want (and any other group wanting to impose their will on others)

source (devine)

it occurred to me that the kitchen-roll-pattern source (divine) would see and would want would be really messy.

each dot being a unique expression of sovereignty and freewill.

bajan- as a young child we would have and go to relatives' houses for bajans/hawans, etc (prayers). Oftentime, you'd walk into a smokey and very noisy living room full of people singing (out of tune but with heart!), clanging symbols and clapping hands....but, the funny thing was that in the midst of this noise (and seeming chaos) would come peace within.

oneness

ultimately (in theory), if you take water to be love (divine flow) then if the kitchen roll absorbs water, then the ink from one dot seamlessly merges with the ink from the other dots but at the same time, each dot remains....albeit, fades as more water is absorbed.

i kept a piece of the kitchen roll on my desk as i realised i had felt lost because i was wanting people to wake up (to assert my will).... the kitchen roll is a reminder of the divinity of messiness!!!

...

3. The Story, Repeatedly Told

Once you have the slightest awareness to the truth, you will likely begin to see that we are constantly being told truths and that it is our own unconscious ignorance that blinds us to see only the surface meaning of things, the face value or the “physical”.

For example, we are told the truth about ourselves and about our world in Disney’s “Wreck-It Ralph”.

Vanellope is the divine feminine, Ralph is the divine masculine and King Candy represents the controllers.

Each game console is a separate world but each connected to the same power source.

At the end of each day, the characters can leave their respective games but must return at the start of the next day.

The characters also have the ability to go into other games (worlds) but this is breaking the “rules”.

Another example, we are told and made accustomed to the controllers’ desired path by way of entertainment.

I remember being gripped by the tv series “24” and learning about terrorism, bio weapons, etc.

Awareness is empowering.

Re-Remembering Me

1.13

Clues and Breadcrumbs

1.13 Clues and Breadcrumbs

When I looked at my life:-

(11th October 2022, email)

*...
erm, does this sometimes feel like a game to you??? .. i know it's not, but are there
so many coincidences because we have lived many lives to learn a handful of
lessons thereby leaving a trail of coincidences??!!! i'm a bit "knocked for six" by this!
x*

(2nd February 2023, post)

hi, it's me again!!

i am being prompted to write some more posts!!

*back in mid-2022, brice and stephanie suggested we all look (investigate) our own
"backyards" and so, i did.*

*my method of investigation was simply to allow myself to be naturally led and the
information revealed itself.*

the following posts relate to:-

post 1: heathrow and the magna carta (near to where i was born and live)

post 2: mauritius (i am mauritian of indian heritage)

post 3: india (again, my family heritage).

*the information is effectively intel as "planted" by my soul...clues to reveal myself to
myself and to reveal hidden truths.*

*i don't fully understand the significance of it all but i know "there's something
important here" and i know i will understand fully in divine timing.*

*i think the purpose of me writing these posts is to prompt something inside of you
too; (in your own timing) for you to be your own source of intel.*

for example,: there's a reason why you love plants!!!

*we have been focused on intel relating to what's happening outside of us but
actually, the real intel of this great awakening lies within us.*

our lives hold the clues to reveal truths relevant to our own unique soul paths.

*this great awakening (shadow work) is hard work but each of our unique paths
home have been beautifully and lovingly planned by the divine in partnership with
our souls.*

to find and follow this path, we simply need to go within.

and by going within, we meet similar people!! (this soul family!).

hope this resonates with you x

(2nd February 2023, post)

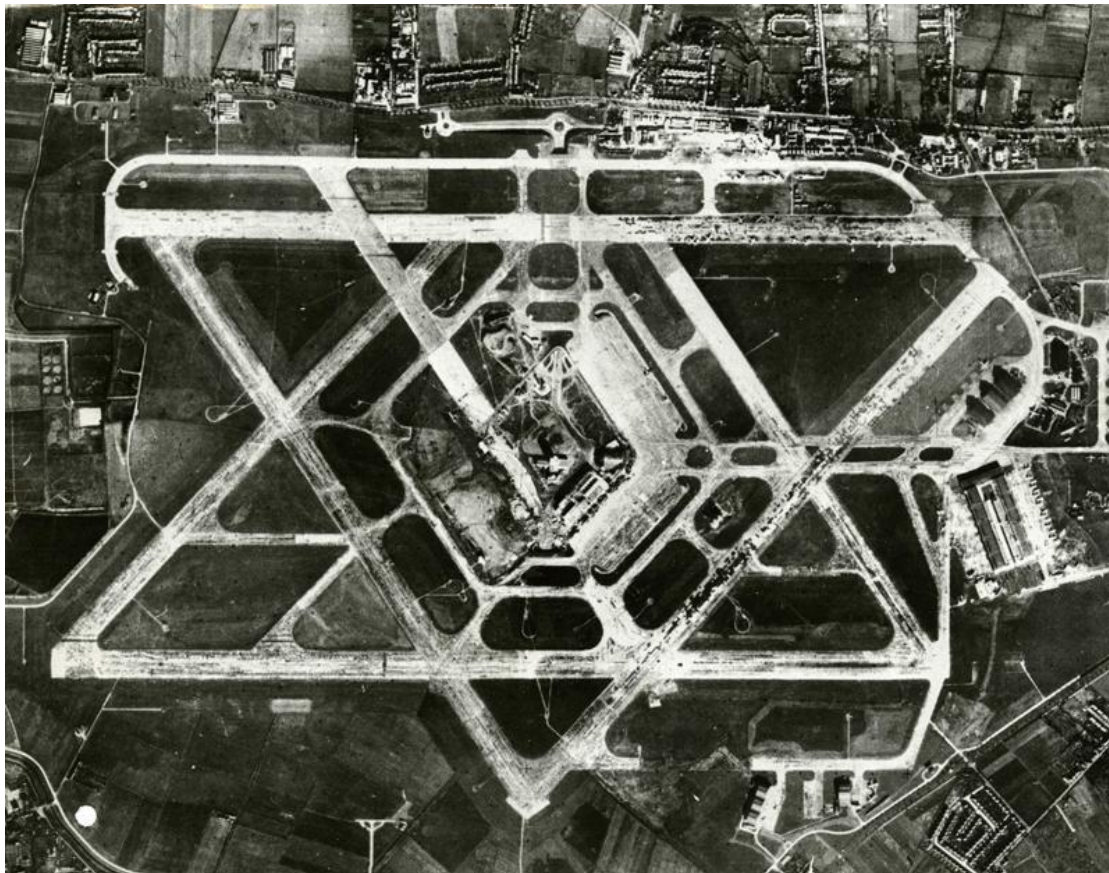
post 1: heathrow and the magna carta

my starting point was to ask the question: "why am i still living here??!!". i have always felt stuck here (not allowed to move away, for some reason).

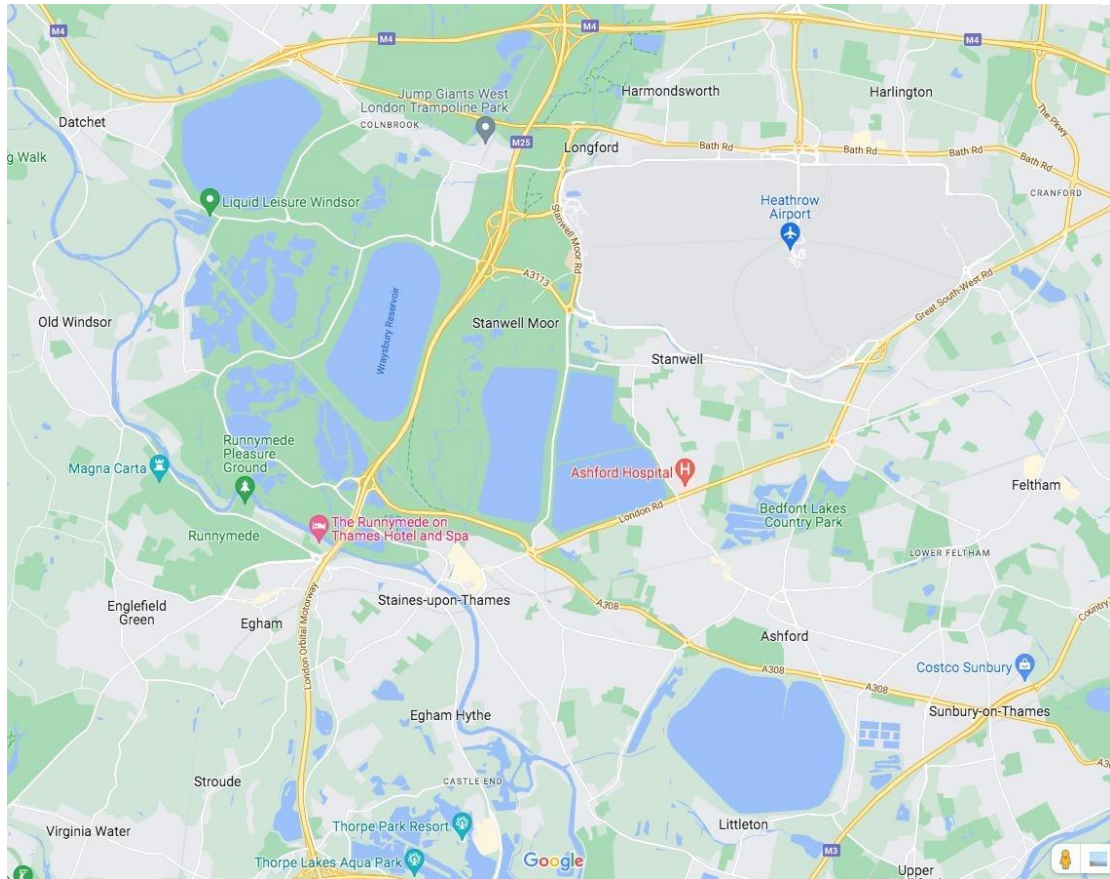
i then allowed myself to be guided to the answer.....

1. heathrow- built on a sacred site

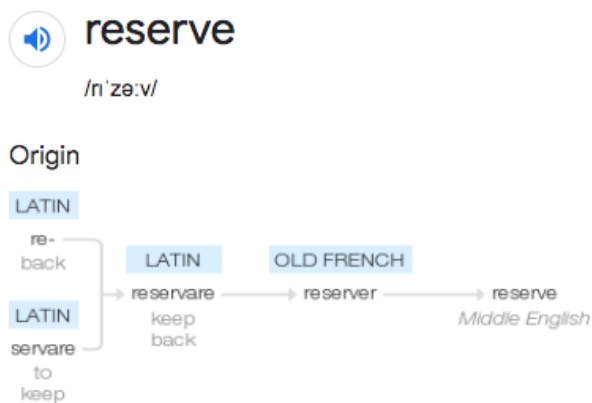
the original layout of heathrow airport (uk) took the form of a pentagram



there are five reservoirs located within 5-10 miles.



the etymology of the word reservoir is to “hold back truth”



The word voir (or voire), in this combination, **comes from Old French and derives from Latin verum, “[that which is] true”**. It is related to the modern French word voire, which in a deprecated use can mean “indeed”, but not to the more common word voir, “to see”, which derives from Latin vidēre.

https://en.wikipedia.org/wiki/Voir_dire

Voir dire - Wikipedia

i believe that the site was sacred/of importance as indicated by the pentagram and also by the five reservoirs.

i believe this was the sole reason why this location was chosen as the site for a busy international airport; it is actually an impractical location for an airport!!

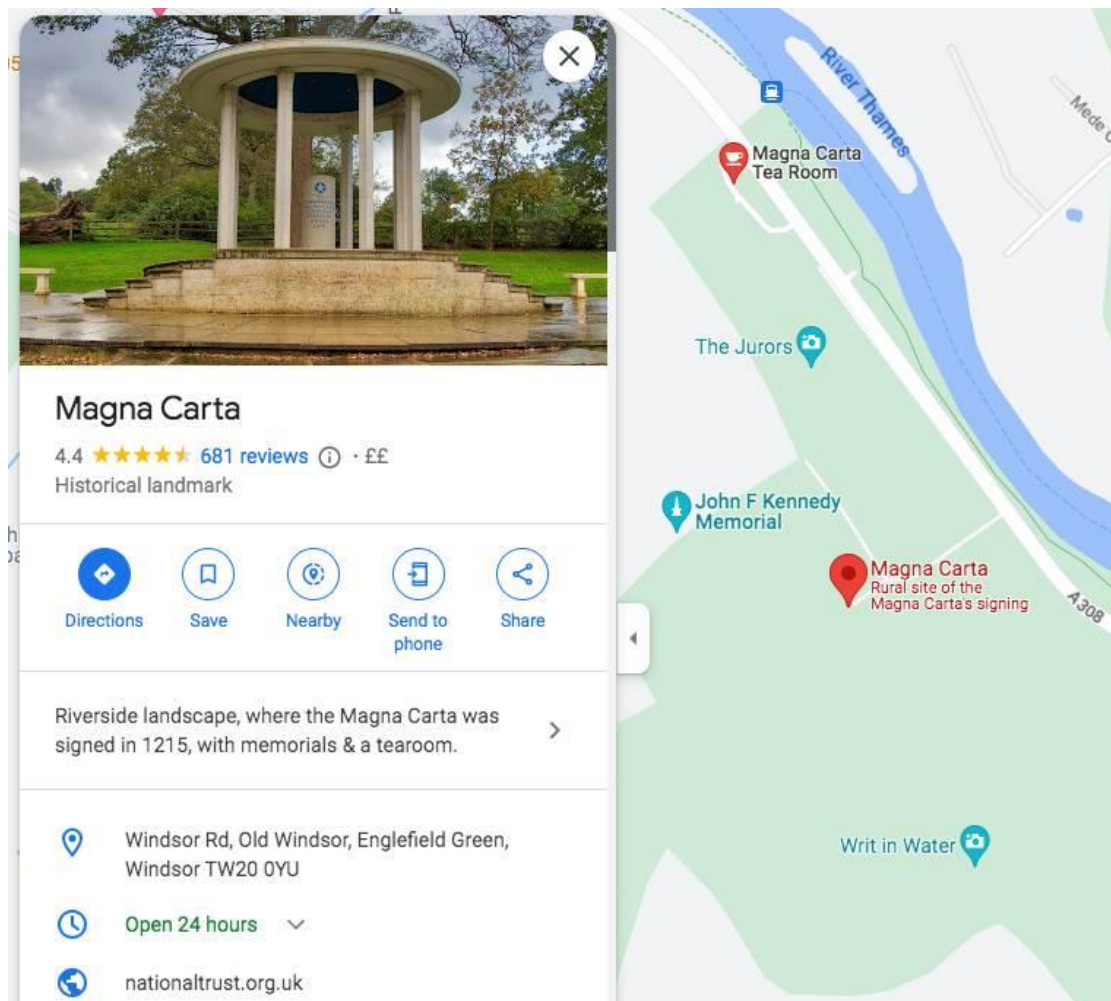
i believe the airport is/was a hotspot for global nefarious activity.

2. magna carta

from pic2, you can see "magna carta" to the left of the reservoirs.

this is the site where the magna carta was signed (sealed).

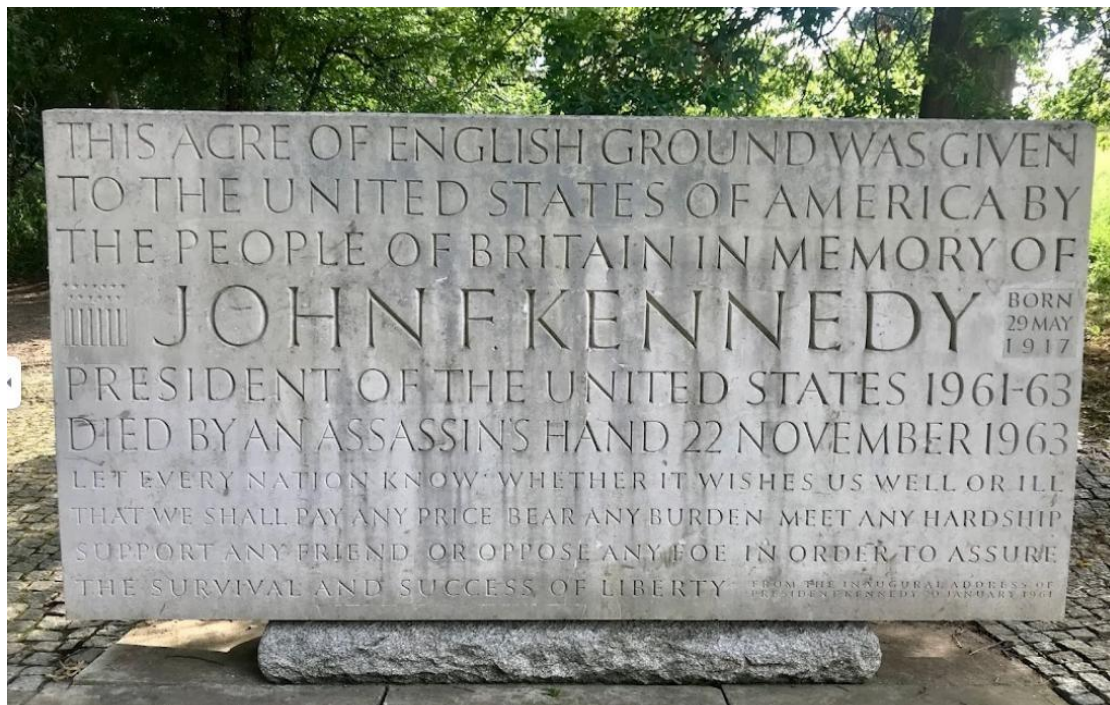
there are four points of interest forming a y-shape on the magna carta site



i believe that:

i. the magna carta ("1215") honours the switch from galactic to biblical families

ii. the jfk memorial (1965) honours the continued dominance of the biblical families (stripes) over the galactic (stars)

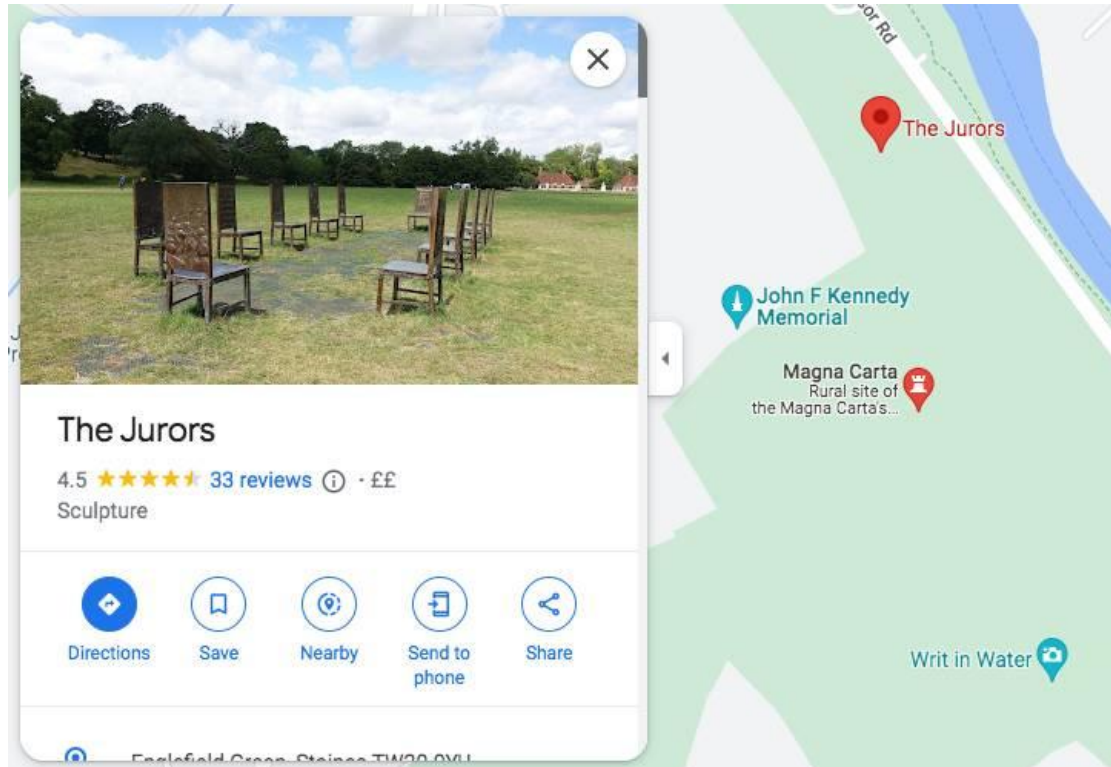


note: 13 stars and 13 stripes.

iii. "writ in water" (2018) honours the fact that we are still duped



iv. "the jurors" is an art installation (consisting of 12 chairs in an open field).
each chair is decorated with panels of images and symbols celebrating the
overcoming of struggles for freedom, rule of law and equal rights.
this sounds nice, but i believe that each chair represents the ruling families and the
"successful control methods" used by them....we, as the 13th, are not present.



interesting, the cancer constellation is an inverted y-shape.



cancer represents cozy and safe spaces.

What does Cancer mean in star signs?

Cancer is ruled by the moon, the celestial body that represents **comfort, self-care, and maternal energies**. Accordingly, Cancers tend to be domestically oriented. They love to create cozy, safe spaces that serve as their personal sanctuaries, then spend lots of time in them. 1 Aug 2022



the magna carta site (y-shape, the opposite of cancer) is telling us that we are living in a prison.

3. distortion of the masculine

i believe the original sacred site at heathrow represented the divine masculine.

the use of the site as an airport represents the distortion of the masculine.

this distortion of the masculine also comes in the form of the fact that the uk pillaged the earth (via the crown/imperialism, city of london/banking and the industrial revolution).

and, of course(!!!), these sites (heathrow and magna carta) are informing us of this fact.

my question answered:

i think the reason i'm still living here is because i am holding the light.

i'm sure there are other light workers in this area with me too....i'd love to bump into them one day!!! X

(2nd February 2023, post)

post 2: mauritius

mauritius is a very small island in the indian ocean off the coast of madagascar.

i love mauritius (have lots of lovely memories there) but it is very much under the control of the controllers (major sea port, tax haven, very industrialised, etc)!!

it is the most densely populated country in africa and the tenth most in the world (the island was supposedly uninhabited when first discovered).

the question i asked was: "is there a reason why mauritius is a part of my heritage?"

1. mountains

for a very small island, it has a lot of mountains, including:-

- lion mountain,*
- peter both (a peak shaped like a man),*
- devils mountain (consisting of three peaks, the middle being 666m in height).*
- sleeping lady,*
- corps de garde (guard house mountain)- always felt drawn to this mountain and always thought it looked like a giant turtle/tortoise!*



i have a niggling feeling that there is a connection between these mountains and the book "the lion, the witch and the wardrobe".

2. seven small pyramids

i was surprised to learn that there are seven pyramids in mauritius (located within the same sugar cane field).

there are similar pyramids found in tenerife and sicilia.



3. the dodo

mauritius is famous for the dodo.

*the now extinct non-flying bird was "dumb" due to the fact that it lived on an island with no predators.
consequently, when the island was discovered by the portuguese in the 1500s, it was easily hunted to extinction...that's the story.*

but!!

i'm thinking that (perhaps/maybe??) the dodo was the phoenix???

my reasoning: the domestic beer is called phoenix and there is also a town called phoenix.

but also, given that countless flora and fauna have been lost, a story of an extinct bird has no real historical significance ...unless, there is more to this story and a certain narrative has to be actively maintained.



4. kink in the international date line

in one of brice's videos, she mentions the island of nudal (in the emerald tablets).

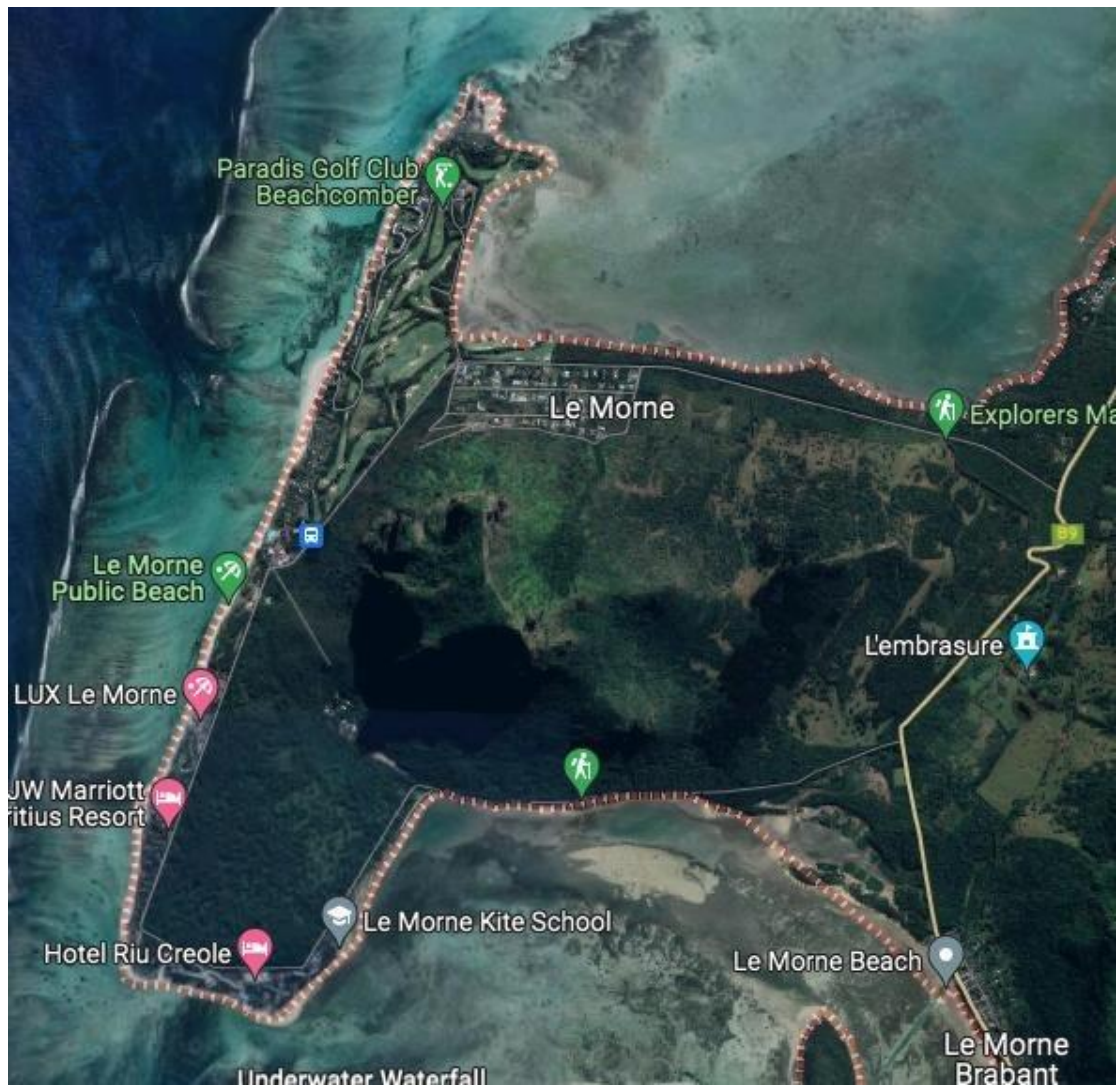


mauritius is in roughly the same location and the two islands are of similar shape.

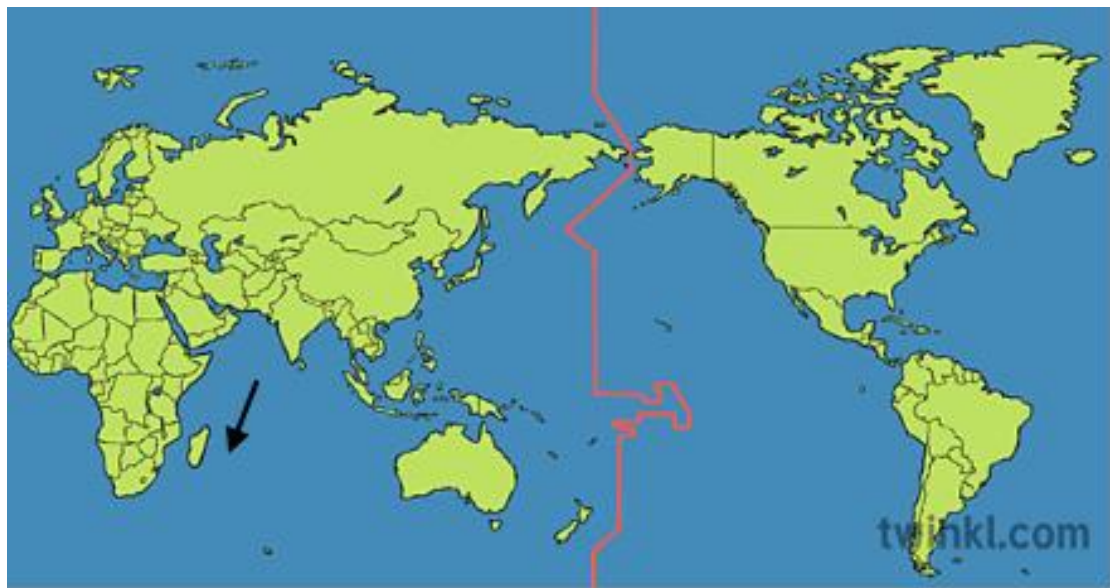


however, at the south western corner of mauritius is le morne (a unesco world heritage site).

it is a magical place but it looks manmade.



there is a kink in the international date line that mirrors (roughly in shape but not in size) of le morne (pls see pic, the arrow indicates where mauritius is located)



admittedly, all this information seems random but in each instance, it feels like i am touching on something of importance....the same feeling as when i have something on the tip of my tongue. i can't quite put my finger on it.

for the moment, at least, these are just a lot of dots that have yet to be understood and connected together.

i look forward understanding in divine timing (though it is tempting to speculate or create conspiracies in the meantime!!!) x

(2nd February 2023, post)

post 3: india

again, i simply asked: "why do i have indian heritage?"

1. hemavathi village

my family are originally from a state called andra pradesh.

my name is hema!

my mum's name is adamah but she goes by the name vatee.

there is a village called hemavathi village in andra pradesh- i was gobsmacked when i found this out.

hemavathi is a historical village with a group of 8-10th century temples.

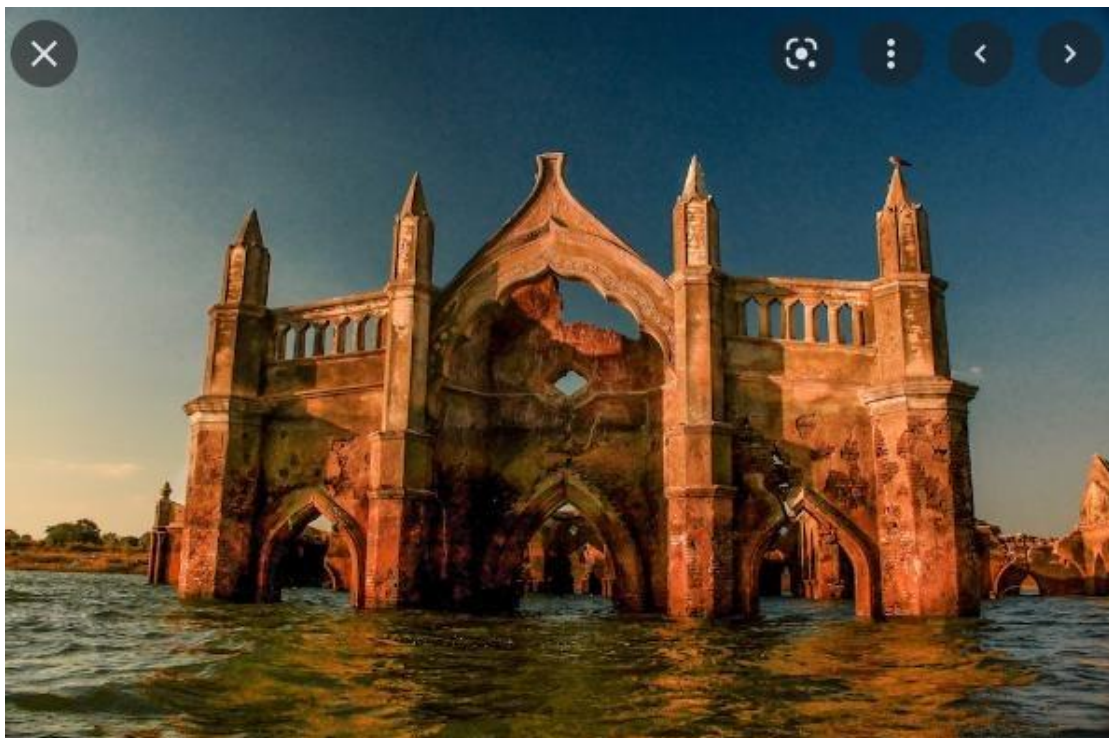
one temple includes a statue of shiva in deep meditation in a sitting yoga position!!

one of my incarnations is a yoga master from this village- i found this out quite recently!!! she definitely guided/led me to discover this village.

2. hemavathi- dam and reservoir (also river)

there is a reservoir and dam named hemavathi in the state of karnataka.

there is a large church, the shettihalli/rosary church, that stands on the reservoir bed.



close to the hemavathi dam and reservoir is a star fort, the manjarabad fort.



*names: i already knew that my name meant gold in sanskrit.
there is no "vatee" or "vathi" in sanskrit but there is "vati" meaning: blow, flow or emanate.*

again, not sure of the significance of all this but the general take-away for me is that our personal intel is really very, very interesting!!!

this internal intel guides us to the truth revealing ourselves to ourselves...a breadcrumb trail thoughtfully laid down by our souls.

i think this internal intel complements shadow work as both help us to understand who we are.

we are the storm.....each of us having the most fascinating story to uncover about ourselves!!! X

(12th February 2023, email)

hi, is it possible that heathrow is the site of avalon?? (king arthur, excalibur, merlin, etc)

sometime in 2011, i think, i was reading in my bedroom but was all of a sudden in a meadow/field....standing still, i could see a wizard ...he suddenly sees me and walks up to me and peers into my right eye looking into me as if i were a tree and he was looking into a hollow in its trunk. but he knew it was me and moved on....

he felt very, very wise but somewhat forgetful (i think he was looking for something lost).

very weatherworn and earthy!a lovely no-nonsense man.

this never made sense to me (why would i bump into merlin??) but it does now if avalon is here!!

just my thoughts.....unprovable, as ever!!! x

Re-Remembering Me

1.14
Norris Dam

1.14 Norris Dam

Norris dam is in Tennessee.

I came to know of it as it happened to be part of a series of road trips that Brice had taken and had filmed.

A memory was triggered (unexpectedly) upon seeing Norris Dam, and equally, my location in the UK seemed to mirror the location of the dam.

I believe the site of the dam is where an Isis temple once stood.
(Brice had discovered that Tennessee means the Land of Isis; Isis being Essee, the Essenes).

(1st February 2022, email)

hi

i think you awakened something deep within me (but i was not conscious of it at the time...i just liked your videos).

it was only after the norris dam video that i realised there was a connection...you were bringing people together who shared this connection.

(16th July 2022, email)

...

1. I live in the UK and:-

Myrtle

in March 2020, i (randomly) took a picture of a recently stripped down shop-front as i was just struck by its yester-year beauty. This was 0.4miles from where i live.



Tennessee

0.1 miles in the other direction (from where i live) was located Tennessee (now closed).

... i cried uncontrollably when i saw the picture of the dam (in your road trip video). I never cry like that- i had to stop the video!!.



Water

I live in a very built-up area, but there are three waterways that converge within less than a mile from where i live.

Emerald Green

I went to an all-girls secondary school (from 11). The school was known for its emerald green uniform. The only other emerald-green reference i ever knew was that of the Wizard of Oz.

... thank you for weaving together (with threads of light) these random things; this awareness has changed something inside me.

(18th August 2022, email)

...

i am heavily "blocked" in terms of memories and psychic abilities. When i saw the picture of the norris dam, and i cried uncontrollably, my higher self came down and i felt her telling me that something did happen but that it was better that i did not know. (My first time interacting with my higher self...to-date, there's always been a brick wall when i have tried to talk with her. I think this is to allow me to rely on my intuition and instinct).

either at the dam or the fall of atlantis, i was about 12 or 13 (i really thought i was going to die when i was that age!!) and i have this deep feeling that i was unable to protect someone very dear to me who was with me (about 8 years old).

.....

(23rd August 2022, email)

...

dissolved

i was bracing myself for some serious shadow work (re: a memory) but once i got the feeling that the 8-year old i was with was fine (wherever she is now).... the memory dissolved. it was just a moment in time.... an experience that i did not have to label anymore. I want to live this life now.

.....

(9th January 2023, post)

hi, here's another humongous post from me(!!!)...it's been a while!

pls feel free to skip but i have posted in case it may be of help (in some way or another) to you.

before going on, i should warn you that it does cover sexual and physical violence.

i would be happy to delete if you think it not appropriate.

background:

brice and stephanie (and their friend, lindsey(?)) visited norris dam over the summer.

i watched the video and when the actual dam was shown, i couldn't stop crying- it's rare for me to cry and never uncontrollably like that.

i was triggered...there had been a temple where the dam now stands.

as i was crying, my higher self came down and explained that something did happen but i didn't need to know the details.

i knew immediately that i had been 12 and didn't survive but i had been with someone very dear to me (an 8yr old girl) who i was unable to protect.

funnily enough, being 12 again (this time around) i was convinced i was going to die!!

i braced myself for some serious shadow work, but as i sat to face it square on, i realised that the 8-year old, wherever she is now, is happy and fine.

and this seemed to be my resolution to the matter: "oh, that was easy!!"

recently:

i mentioned in an earlier post that i had met my incarnations.

some of the incarnations brought their energy down to a level to enable me to see them physically.

one such person was the 12-year old girl...it was a very fleeting hello.

all the other incarnations were very lovingly protective of her.

of all the incarnations i met, she was the one i felt was most like me- extremely shy and introverted but very, very traumatised- overwhelmingly so (trapped deep in the darkness...trembling, weak and scared).

she stayed in my mind every since.

i was glad that i have never known true happiness (for me) in my life before because "how can i be happy when she is not".

*because she was in the forefront of my mind, i felt her energy a few times.
she wasn't sitting next to me but it felt that way.
our energies would merge...a gentle hello.*

*i kept thinking that her life had been snatched away from her.....how she would never experience a full and happy life.
she had so much potential but it all ended brutally.*

then i had a knowing that i could transmute the trauma as i was in "physical" form (the one living now) and this trauma related to the "physical 3d life".

*i had a busy week ahead but i told her that her trauma is now mine if she would like to give it to me- for her to fully release the trauma to me.
i asked if she could put it "there" (the central spot where i had sat when meeting everyone) and i would deal with it at the end of the week!!*

a dome appeared in the central place containing all her trauma. it was a dome of white light (darkness contained within light).

*she suddenly became alive...beautifully so.
in that instant, i knew she was incredibly magical but that she didn't want to be at the temple (to "study")- but rather, she loved being free and in nature and with the elementals.*

*she was now free and playfully flew into the air like a fairy and came back down and gave me the nicest, most happiest of smiles. she glowed brightly.
i love being in nature too and i thought to myself: "i'd love to have that life!!" just being so intimate (one) with nature.
she left...flew off joyfully to explore!!*

but then horrible energies came up to me and i told them to go to the dome- i'll deal with you later (these were the people who were involved).

there were points during the week when i felt the trees around me happy that the 12-year-old girl was now free and playing among them; interacting with nature as she was always meant to.

*saturday:
i found myself standing in front of the dome.
i (my light body) walked towards it, leaving my physical body behind.
i knew that everyone at the temple had not survived and that i had been targeted.
so i entered.
all the actions were repeated but without the senses: physical feelings, smells, tastes, etc.*

when the actions had stopped, i curled up and just breathed....hardly breathing, each breath not guaranteed...but slowly my breath came back stronger and steadier.

i felt loved and supported by my incarnations.

as my breath became stronger, my light became brighter.

when i was ready, the girl's emotions of the trauma came gently down onto me and my light transmuted these emotions into bright sparkles....slowly, as i was still weak but strong enough to do this at a slow pace.

a few minutes after i sat up but looking down/eyes closed.

i could feel the people sitting in a circle around me (may be 6-8 men, not sure).

my light extended to them...i forgave them.

if they wanted to go to the light they could or if they wanted to remain in the dark they could.

one by one they turned into sparkles...choosing the light.

the dome disappeared and i just lay there....i felt myself laying in long grass, blue skies and fluffy clouds above me...

i felt the trauma still in me...so i did a few yoga asanas to try to squeeze it out. that did not work!! i tried a few other things but it remains deep within me.

anyway, when i was ready, i walked into my physical body.

i felt so much love from everyone around me. they had not been watching but i felt that they had been with me during it.

the 12-year-old girl appeared and gave me a big hug. she had brought with her a large group of elementals who clapped standing just behind her.

now:

the trauma is still stuck inside me.

it's not in my physical body or light body but in my consciousness (it seems!). it's being held just before embodiment- every cell in my body is aware of it and open to receiving it (natural course of things) but it's definitely being "held back" in a holding position for my protection.

i can feel my guides wanting to help me (to guide me to) transmute the trauma, so will work closely with them to release it fully.

i need to make time to allow this process to run its course fully....to be gentle with myself.

i'm glad i did this, though it was (is) hard.

it was part of my contract- i agreed to do this, but "in the moment" (living it) i could have chosen not to do it.

if this was the case, the suggestion (that i own the trauma) would never have come to mind.

so my consent was always a huge part of this....and everything was done on my terms (though, at the time, i was not aware of this).

importantly, either way (whether i did it or not) was the right path...my consent being the key.

this post:

I decided to post (write about this experience) because I thought it would be of help...as we move beyond the matrix.

helpful in perhaps understanding how our lives (past and present) are inter-connected in the "now".

how each incarnation is eternal (lives on).

the fundamental importance of consent.

how we are not alone.

there's a big magical world waiting for us to be a part of it; we being magical beings ourselves x

(9th January 2023, post)

hi, it happened naturally- a natural unfolding.

i was always in the moment, and following my heart.

no thought.

i would mainly feel (those around me or what they were thinking or saying)....seeing through feeling, if that makes sense.

it's all very real but not solid as it is here...

eg. where here: i sit on a chair. i then stand up and walk to that place over there.

...but there (in the quantum, I think it's called): it's like: i am sitting here, and now i am standing over there!

this is still new to me too x

(9th January 2023, post)

hi .., i think i have a close connection (and similarities/unresolved issues, etc) with the 12-yr old girl because she was my last incarnation (i think!??)....our lives are very much inter-twined. she came before me, so of course, she will have an impact on my life now...it's our soul's chosen path of experience.

but the other incarnations are all very happy, extremely loving and whole...and they are very happy to guide me on my life's path.

i do feel expanded...like being someone with no family only to discover that (all along) they belong to a large loving family.

we are walking each other home; each on our unique journeys.

and yes, it's a lovely gift (divinely given, i think.....it has to be) to share this walk with you all x

(9th January 2023, post)

thank you for your kind wordsbut (it seems, and that's all it is) i'm a step or two ahead in this respect.....but i am a step or two behind (spiritually) in many other respects.

yes, we are all uniquely amazing!!!

i'm glad the post was helpful x

(14th January 2023, post)

hi, just an update following my (humongous) post and the transmuting of the trauma.

so, on sunday my body felt in a state of shock with a feeling of overwhelming sadness. this continued into monday.

but towards the end of monday, i just thought: "i can't transmute this. i need help....please" (i was slowly being taken over by the trauma).

something must have happened overnight because i felt lighter the next day but during the course of the day flashes of "memory" would come and go. i knew i needed to transmute it (whatever was in my consciousness) but had no idea how to.

while watching brice's video (with cindy and emmie) on wednesday, i felt myself say: "i can't do this" and all of a sudden the top of my head (my consciousness) appeared like flames and my 12-yr old appeared (sat beside the flames) and started to transmute the memories into bright sparkles.

she was soon joined by the men (now very bright lights).

they all sat around the flames and together transmuted the memories.

in my moment of helplessness, i was helped lovingly and gladly.

the "rescuer" (me) was rescued by the rescued (them). it was a beautiful full-circle.....divinely beautiful.

i realised after that over the past few days my sub-conscious would say: "i need help" but then my conscious mind would jump in and try to think of a solution (a block).

watching the video, my conscious mind was focused on the video (my mind was available to problem solve), and so when my sub-conscious spoke, others were able to step-in and help ...this is what i think happened.

anyway, i'm looking forward to the 60-day challenge...as it will bring me closer to my authentic unique soul-self as more of my shadows are brought to the light (i'm sure it's going to be a very interesting and a bumpy ride!!) x

sorry meant to read: "my mind was not available to problem solve" (6th para) x

Re-Remembering Me

1.15 Healing

1.15 Healing

1. Natural Healers

(21st August 2023, post)

Holly....i have felt (known) that we are all master healers of ourselves and so, it was nice to hear your thoughts on healing- that we each are unique beings and so, have our own unique healing modalities.

(23rd February 2023, post)

erm, this might sound strange (very woowoo..... i think that nice asylum has a lovely padded room available.....why don't we have a look, you might like it there!! type thing)

but if you do not have an ingredient then if you feel the energy of the missing ingredient, then that's just as good as adding that ingredient.

but the trick is to know or feel the energy of the ingredient...the alchemy of medicine is in its energy, right??

....or just do the light body thing (seems simpler!!) x

(19th September 2022, post)

...

i think we have a natural ability to find our own modality to heal ourselves.

having said that, as a rough blueprint, the following may help.

note1: "you" referred to below being the general you and not you!

note2: i haven't tried and tested the below suggestion, but intuitively, i think it may work i.e. integrate the "shadow aspects" back into the self

1. relax in a place where there is no-one else i.e. the ego does not have to perform.

I find i am different when people are around me compared to when no-one is around.

2. Just the observer (purusha?) and the observed (prakriti?)

3. breathe, and be in the body....feel the breath and natural rhythm of the body

4. imagine your light body stepping out of the physical body, one or two steps and turn towards the physical body

5. the physical body steps back and what remains in place is the emotional body

6. as the light body, just look at the emotional body with unconditional love.

engulfing it with your light and love.

7. (hopefully) from the emotional body will emerge aspects of yourself (the victim, the low self esteem, the worrier/overthinker, the bully, the prideful, etc, etc... the parts that have never felt loved until now).

8. as each "aspect" emerges, embrace it (a big warm hug).
after each hug, both the light body and the "aspect" (as one/now integrated) look at the emotional body and the emotion tied to the "aspect" dissolves (into sparkles!).

the emotional body becomes less dense.

9. when you want to, walk back into the emotional body (the remaining emotional body is safe in your light) and the physical body integrates back too.

10. repeat the above whenever feels right

this is just a suggestion....hope it is of some help.

(23rd February 2023, post)

...

actually, this is just something that came to mind...but if you picture your light body (energy flowing freely especially in the head/throat area i.e. healthy) then imaging this light body walking into your physical body (and the current light body with the sore throat walking out of your physical body).

this might work...aim: treating your sore throat by changing the energy held in your light body.

hope this makes sense, and more importantly, hope it works!!! X

2. Releasing Entities

(19th September 2022, email)

....

back in late feb/march, i had a sudden sharp and deep pain in my left shoulder as if a javelin pole had been plunged deep into me!!!

it was later in the evening that i grabbed at the spot on my left shoulder and felt a slimy umbilical cord and pulled at it.

i kept pulling as it was very, very long! pulling for a few minutes... the slimey cord piling up in front of me!

eventually, i pulled out a very large black (hard shelled) centipede (almost the size of me) ...at the end of the cord.

i was a little taken aback by it and let it go.

(only after my first session with mary moon did i realise you have to put things in a violet flame rather than let them run free!!!)

i sealed the hole in my body with light....and the pain went away, funnily enough!

x

(24th April 2023, post)

*hi holly, i released an entity this morning....unexpectedly.
it had been in me for a very long time as it felt very familiar; very much part of me.
it was almost friendly in its communication with me- it had felt a change in my
energy and so, made itself known to me i.e. he wanted to be released but he knew i
was unaware of his presence in me.*

*but when he left (and entered the light), i felt an attempt to insert/attach another
entity but i blocked it or made it known that i did not consent.*

...

3. My Healing Sessions With Holly- Holly's Comments

*Greetings, I am Holly Jo Bouchard from QuintessenceHealingArts.com and I had the
honor of co-creating with Hema to assist her with her souls' ascension journey
process. Utilizing one of my services called "Soul Synergy Therapy" that best fit
what was needed at the time and an online video platform.*

*We had a short conversation where we got better acquainted, she expressed her
concerns along with her desired outcome.*

*After having her get comfortable, I created a sacred, heart-to-heart connection
that expanded into a secured shield. An invitation was sent out by me into the
ethers for her spiritual guides, higher selves, celestial and star family to come with
their divine knowledge. They connected with me as guides for Hema's highest
good. I informed them of my intentions to clear, heal, and shield (to begin with) her
after I introduced myself to ask permission as well as from Hema herself. The main
connection I focused on was with her consciousness, soul, body, sub-conscious mind,
spirit, and the wholeness of who she is.*

*My objective as an Ascension Mentor, and Cosmic Master Physician (Dr. Woo Woo),
is to unleash the powerful sovereign being that she has always been, by deeply
clearing in "bulk" the pathway to enlightenment & planting seeds of awareness as
to the unseen world around her, within her, and beyond. As well as, helping her live
a life of being in magical alignment with her soul's purpose.*

*When I do a clearing it has 3 different stages that I developed to remove immense
trauma, attachments, black magic, false beliefs, programming, anything that is not
hers or for her highest good, in all forms, across all dimensions and timelines.*

*During the clearing phase, I noted a considerable denseness around the bottom half
of her energetic toroidal field and beyond. After digging in deeper, it was
discovered to be many lost souls that had been gathering for some time. They were
drawn to the "light energy" she naturally carries. This also signified to me that she
was a person who was meant to help these disembodied souls "cross over" to their
next destination (I do this as well).*

*Following up at some point with lessons on how to accomplish this gratifying
appointment with her destiny.*

The last stage of the clearing can be extended to the Lightbody, inner child, family lineage, past incarnations, and parallel timeline selves that affected her current lifetime in any way negatively across all dimensions for energetic cord removals.

The healing step is where I called in her "Oversoul" who oversees her original soul blueprint (there is more than one depending on her spiritual stage of development.) You see, this is an ideal time to be realigned to your new frequency and your souls' purpose by the installation of your original soul codes. This is very activating on so many levels that greatly expand your soul talents, awareness, and further evolution!

The last stage is the protective section where I filled and surrounded Hema with her most aligned, high-frequency shielding energy fields. The body now has to physically heal and acclimate to the new higher frequency it now holds, this phase can take up to a week of readjustment.

(cord pulling)

The purpose of removing energetic cords is to remove unnecessary attachments that are detrimental to you as a human in any way. They can influence your thoughts, feelings, actions, health, prosperity, and, most importantly, your ascension process. Other beings or spirits put them in, on, or around you, often without your knowledge, and they can be carried over from other lifetimes.

Hema was no exception, as she had numerous cords to be removed that were affecting her life in some way or another and were not for her highest good. Some were from her previous lifetime or parallel timeline selves, some were from inner child traumas buried in her subconscious (can be from other lifetimes), and some were from her family lineage from unresolved issues on both sides (also from previous lifetimes or timelines), etc. This I find to be a common occurrence and unknown to most people I am working with. A misconception I want to bring to those who read this is that "cord-cutting" will not free you from the ties that bind, only "cord-pulling." Followed by a shielding process to make sure they don't reattach.

Rob (my divine soul partner who completes the healing energy circuit) and I have a multistage process we follow (along with intuitive guidance from Hema's spiritual guides, soul, consciousness, etc.) to remove these energetic cords. In this healing phase, we assign any low-frequency energy, evil intent, negative, trauma, curse, black magic, etc.—that is present on or around Hema, a neon red energy cord, so we can see and pull them out. This often includes an invitation being sent out to other aspects of herself, including ancestors to whom she has a negative cord attachment. This can become extensive as an invitation is offered to them to be healed as well. All of this is done in a pure, white void I create, which entails the third level of clearing, her "oversoul" realigning herself to a higher level of her original soul blueprint, healing, and ending with shielding, sealing the whole session in divine love and light.

4. Meeting Holly and My Healing Sessions With Holly

(The things attached to me didn't like meeting Holly!!)

(25th April 2023, post)

oh no, holly....was really nice to meet you in person.

it was really lovely of you to dive straight in with the call yesterday....thank you.

i was just taken by surprise by the feelings that were bubbling up as we talked- i felt uncomfortable and panicked..

.....

admittedly, have been comfortable with my snail's paced progress of late!!

but i watched this video whilst you were all on the call.....

https://www.youtube.com/watch?v=ih_dDM8VJOE

it's helped me a lot to realise what i want and what i do not want i.e. i want to be the fullest embodiment of light i can be,.....so i now want to hug you!!!! x

After my first session with Holly:-

(12th May 2023, post)

i feel blissful.

i wasn't expecting to feel this way after our session.

thank you holly and rob.

they were amazing!! erm, have no words!

i knew i was blocked (i felt like a very tightly closed flower bud) and holly and rob cleared so much (and surrounding area!!)

...i didn't feel (or see) anything during the session just felt really nice reiki energy flowing up and down my body. but i did notice my upper body stiffen a few times but relaxed upon realising this.

erm, so the next few days will be spent integrating...shall see what happens.

i feel light and open x

(26th May 2023, post)

....

my session with holly was brilliant.

there was so much information that it was a little overwhelming.

...

i have a lot of work to do on myself....holly kindly pulled cards for me on the call and she recorded that part of the session.

i watched it back this morning and normally don't like to see myself but i watched (studied) myself and was comparing my energy with holly's.

i need to work on being the fullest expression of me; to allow the free flow of my energy.

i have been so closed i suppose because i didn't fit into the world but now, we are making a world that is of the light and so we (i!!) need to step into the fullest possible expression of my light.

.....

(26th May 2023, post)

hi, it's both.

(i think) the healing is to bring you back to a blank canvass or your true nature (blue print).

but then after the session you integrate the healing.

this is like a recalibration from your old self to a new self.

this new self is determined by what you want i.e. you can return to your old self, for example.

i have found that the changes are very subtle but, at the same time, massive. for example, i started to talk with my crystals and this was quite easy to do. before my session with holly, i would have doubted my ability to do so.

so, yes- your talents will be heightened simply because you will be clearer as a vessel.

....

(26th May 2023, post)

thank you holly for spending so much time with me yesterday.... it helps alot as you are ahead, lighting-up the path ahead for us who would otherwise be stumbling in the dark.

I think it is important for me to mention here that I had my very first healing session in 2022.

I have had two remote reiki sessions with Mary Moon (in early 2022).

I attended two remote group reiki sessions with Emmie (in late 2022 and early 2023).

And, in May 2023, I had two remote healing sessions with Holly.

I was very reluctant to book my first healing session but was prompted deep within to book a session with Mary Moon after watching her on a video with Brice.

I think it's important to feel a connection; to resonate, with a healer but ultimately, we are all capable of healing ourselves. But, for now, as we awaken to our true selves, we all need help from a loving gifted soul.

5, Christ Consciousness

(6th April 2023, post)

...

*this level of consciousness will effectively make you glow with loving energy.
i have felt a tiny way towards this state (on my yoga mat) and, my sense is that it will heal anything in the body and will not be affected by outside influences.*

....

to get to christ consciousness (in addition to physical work), my understanding is your awareness must be both aware of the whole body and, at the same time, be aware of each cell.

*when i was in this state, i felt the consciousness behind (animating) each cell.
i snapped out of this state but, in that moment, i felt i could control every cell in my body and also, felt connected to everything...i could talk and play/mold everything (my consciousness was in the flow of sophia).*

i am still very much in the early stages of this but it is just a change of the way we think (or perceive). the trick is to find that state and to understand it so it becomes a habit (our natural state of being).

i think i have not pursued it as i know i am not ready....i have to work on myself, so i am solid in myself to then progress to the next level- to embody christ consciousness.

ok, so these are just my thoughts and experiences but i share them here to give you an idea of what is possible.

the beautiful thing is that we are all unique and will bring forth our own wonders and magic.

i know the above is of no practical help at this time, but hey....it's exciting nonetheless!!! x

(1st May 2023, post)

hi ..., i have found just sending love or filling a person with love heals them.

....it truly is magical.

the love flowing from the heart and pure (unconditional).

...love has a healing intelligence.

it's very simple and beautiful x

(1st May 2023, post)

just a thought, do you think that (perhaps, maybe) the chalice of christ consciousness is the heart; a "cup" from which love pours unconditionally and abundantly?

and the womb being the chalice of life or creation?

....

6. Reiki

(19th November 2023, post)

....

i just wanted to mention that i have done (remote) reiki only twice earlier this year.

the first time i was really tense because i had not done anything like that before but was guided to seek healing.

i was pleasantly surprised- it was me (my higher self) working on me via the healer. it was my first time interacting/meeting my higher self, albeit indirectly.

i felt the energy run up and down my body and the energy swirling in particular areas.

i was surprised at how cold i got.

the second time, i did not need the healing but thought i'd do it anyway.

the session was for one hour, and during the first part the energy i felt in/on me was gentle and pleasant.

the second part of the session was noticeably different- more "let loose" and invigorating!

i was surprised when the session had ended (the energy flow had stopped) and almost two hours had passed by.

i contacted the healer and she explained that she had let my higher self continue the healing after the first hour.

since then, whenever i have been stressed my higher self and/or guides do reiki on me.

the energy flowing along my body feels like a nice loving hug.

i noticed this sensation during the Om meditation too.

i just wanted to mention this as we are not alone but are lovingly guided, and helped and healed x

(22nd January 2023, post)

hi emmie, thank you again for yesterday's group reiki session.

it was nice being together. (sorry, kept my camera off!).

i found myself immersed in the beautiful healing energy and had to pull myself out of it when you all began to discuss once the session had ended.

this morning, rather than using a crystal or a piece of paper, i naturally found myself putting "me" between my hands; i infused my body with my intention/my word.

i feel alive with my intention....buzzing!

i'm not very familiar with reiki but hope this is ok.

thanks again emmie x

7. Feeling Unwell

Brice has changed the way see being unwell. My first thought now is: “oh, my body is purging/upgrading” rather than: “oh, no ...I’ve caught something!!”

(18th February 2023, post)

hi ..., i felt unwell for three days this week- the middle day was particularly awful. felt like flu but was different somehow- was mostly in my throat and head and my spine ached which made my whole body ache.

*it didn't feel like my immune system was hard at work but more like my body was making space....spring cleaning!!
i'm not sure if this makes sense x*

(25th February 2023, post)

hi, i don't think i have ever felt a shaking while sleeping.

but, i was ill for a few days (a couple of weeks ago) and i was shaking then- more like shudders down my spine that would spread out to the rest of my body (uncomfortable aching sensation).

but i felt that my body was clearing or making space for expansion and the shaking was just “testing”.

(i think) after each “testing”, i would feel energy run up and down my body (reiki) so i knew i was not ill in a buggy/germy sense.

not sure if this makes sense!!

(21st March 2023, post)

....

i have always thought of meditation as going within.

for me, any guidance sought was to come from within; an internal knowing rather than from an external voice.

it has never occurred to me to speak with someone outside of myself.....hmmm, interesting!! X

(21st March 2023, post)

have to admit, i am lacking in that respect (clearing/guarding my space).

i just found it an interesting self-observation that i have never sought answers from outside of me (on my spiritual path) x

8. The Loveliest Little Boy

(28th September 2023, email)

hi

sorry i keep writing to you, but....

i realised that my hesitancy in being "me" is due to the fact that i might let my ego take over.

sounds odd, but having no-one to talk to or witness what i experience means that i simply move on "ok, that was interesting, i should go do some shopping now" type thing.....there is no ego involved.

it is only when i watch one of your videos that i am prompted to remember and only then do these experiences have any relevance.

entheos- to be inspired, to be full of god

for the past 10-12 years, i have been a huge fan of bob proctor.

i was watching his livestream feed on monday and he began talking about entheos; something i have heard him talk about many times previously.

to sum: being excited or disappointed are reactions to something external to yourself.

they are opposite reactions...polarity.

you should instead be enthused (in god or "me" or true expression of my unique soul character) and view everything external as "just is"...to embrace both experiences with equal enthusiasm.

no judgement of ego.

...this was exactly what i needed to hear!!

loveliest little boy

i was prompted on monday to resend an email to stephanie- an email with tartarian pics.

i had enjoyed running around taking these pics earlier this year with the exception of one building.

i felt really awful energy as i drove up to the ... community centre.

i parked up and quickly took some photos.

as i was walking back to my car, i noticed that a staff member had come out (quite defensively and a little aggressively) to see who this person with a camera was!!!

i pretended i hadn't seen him and drove off!

i filled myself and my poor faithful car (lenny) with light.....the energy was not good...i decided i'd delete the pics (my poor camera!).

as i was running away, it occurred to me that i was running away!!!

at that moment, i hit traffic.

i began to fill the community centre with light and love...every brick, stick of furniture...everything that was holding bad energy that wanted to release this energy was invited into this light.

lots of children came forward too.

*when i felt joy in my heart then we had a little party (above the building) with fireworks of light and love bursting out of the building and rainbows and sparkles too.... the building became a volcano of love.
and this volcano started a chain reaction to make similar nearby buildings into volcanoes too*

when i checked later that evening, the ...volcano was still very much "active"!!

but when i resent the email to stephanie, i felt there was negative energy or energy that was wanting to be transmuted. i filled the building with love and light.

as i was reading the "the secret key...." thoth book that morning (monday), i joined a party again above the ...community building. while most of the children were happy (healed) there were some who needed help, so i helped.

for example, one teenage girl was sitting nervously huddled on the floor against a wall so i joined her. i sat with her in silence and let my love radiate. she then held my arm with both hands tentatively at first but then began to dig her nails into my arm. she was clawing/ripping my flesh away to reveal the bone. i just sat there. allowing the blood to drip. but then filled my arm with love and it was back to normal. she did it a few times more. and each time i would heal my arm.

the aim: she was expressing the hurt/negative energy that she held, and i was simply being love- absorbing or helping her transmute it in whatever way she was able to.

*after a while (when all the negative energy had been released) she suddenly changed from a very scared and unwashed and unfed girl to a very beautiful and radiant girl as her higher self appeared....they both joined the party. there were a few more children i helped...all very different.
i left the party once "my work" was done, and continued to read my book.*

*as i read my book, i felt a little hand touch my arm.....a child was sat next to me.
again, i helped.
this happened a few times.*

but then, as i read, i felt the presence of a little boy.

he did not touch me (to let me know he was there) but he simply sat next to me because he wanted to sit next to me.

i looked over to him and he was the loveliest of beings.....he reminded me of me but he was much more of "that quality" than i was.

he was happily eating a biscuit and he playfully wiggled his toes...enjoying the funniness of it.

it felt lovely just sitting next to him.

a being (a toned-down physical form....just the outline of a hooded being) approached this boy and took him. this was unusual as the other children had been met by their higher selves or had simply run off to play.

the little boy was happy and content to be taken by this being and i watched as this being took him.

i then realised this being was of the dark. (he had toned down his form for me whereas the little boy was fully aware of what this being was).

*he had taken the boy because he could (he had the boy's consent)....i ran to this being and said "no, i'll take him". the little boy was happy to come with me.
as we sat back down, an angel approached us (to collect the boy).
i thought, this little boy would be equally content being with the angel as with the dark being.
he did not belong here....he was pure love. he belonged with source.
not quite like superman, but i shot up as high as i could (the boy in my arms)....like superman flying through the floors of a skyscraper to get to the penthouse.
as i broke through the floor of the highest place i could get to, the people there left and the only person who remained was
there was a wall of orange/yellow flamed-colour flames from which a woman emerged.
(this was not source but perhaps a gateway to higher realms).
the little boy walked towards her.
once the woman and little boy disappeared into the flames, i immediately felt myself falling back down to where i had come from.*

i felt so upset because i knew the boy would be allowed to go back to the dark.... to be the light in the darkest of places. to remind those who had forgotten, that they too were of the light.

that afternoon, i watched bob proctor talk about entheos...this little boy is the epitome of entheos...pure love. it was an honour to have met him... deeply so.

ankh

....

i. in duality

our heart is not open (or partially so), we are in the ego and so things are held energetically in the chakras.

we are a rainbow of colour as a consequence.

the loop is of varying size as our awareness expands or contracts.

ii. emerald/in non-duality/in "me"

when we are aligned with our unique essence (in entheos...in emerald), we hold onto nothing as we solidly have our being in our power as unique creative beings (with an understanding of our power and potential to command everything around us).

we are bright unified white light as a consequence.

there is no loop as we are omniscient

there is no ankh but simply the centrepoint where all four parts meet...or maybe just the horizontal as this is our "lens" within a particular realm.

this makes complete sense to me.....hope it does to you too.

this email feels important.

i hope it is of some practical use for you x

(8th March 2023, post)

erm, the little boy...

i think, as a light being (of pure love and light, and without judgment) and experiencing the darkest of the dark, such a being becomes a great teacher x

(8th March 2023, post)

he had such beautiful energy

....

there are many other such teachers (beautiful souls)...all gifts to us from source and sophia x

9. Sound Healing

.... magical and beautiful x

<https://www.instagram.com/p/CtfdXEhggbN/>

Thank you, Leslie.

One Big Family

2.0

The Human Family

2.0 The Human Family

1. Galactic Royalty

My understanding: the 12 tribes of Israel refer to the 12 galactic races whose DNA we hold.

What science classifies as junk DNA is actually the 10 strands of DNA that were switched off to render us cut-off from knowing who we truly are.

We are the 13th tribe.

As we hold more light, the more of our DNA is re-activated.

2. We Choose

Before incarnating, the soul and the unique essence choose every aspect of the new experience (incarnation) from the physical features, the sex, the life circumstances, the lessons to be learned, etc.

We each choose our parents and our parents accept.

Also, race is not as a consequence of geography but is a reflection of what aspects of our galactic DNA we chose to experience during a particular lifetime. For example, generally, darker skin is an expression of our shared heritage from the Sirius star system.

Our life is by our own design.... every aspect whether good or bad. My reaction to hearing this said for the first time was: "no I didn't!!", but knowing that I chose this (whatever "this" may be) has proven to be a source of empowerment for me.

Although we designed our lives, we entered this realm under a veil of amnesia in order to learn lessons; to experience the duality that this realm, Earth, offers. Brice often refers to our home as the gangster planet...congratulations, only the bravest souls agree to experience these lessons!!!!

(30th July 2023, post)

i'm finding the following really helpful as i navigate my own path:

- i agreed and chose (to experience) this for my highest good

- surrender

i have found when i have tried to understand with my mind (ego) i fall into negativity (i contract or become small/limited or often find myself going round in circles) but when i surrender (not be in resistance), my heart (love) takes over and the lesson/way is revealed and i grow (expand).

The following was written before I became aware that I chose every aspect of my life!!

(6th November 2022, post)

hi, sorry i had intended to reply when i originally read your post but this chat is very chatty!!!! i am also of indian heritage and it's nice to know that i am not the only one who realises that brice is more indian than me!!!! in terms of racism, i always equated it with homophobia, sexism, ageism, otherism, etc... just being judged by others by things that are me but not me. what i mean, i am brown skinned but that is not "me". in terms of my body, yes learning so much about it in this process- it is truly magical. in terms of feeling/being ugly- you are not, your "me" is beautiful!!! people think of me as being beautiful but again, always thought it not "me"....my mum and dad can take credit!! i had nothing to do with it!! also, i'm on the inside looking out so i don't see me!! erm, is this perhaps an apt moment to stand up and say: "my name is hema, and i am an oddball!!!" perhaps my intended helpfulness is actually quite unhelpful but i hope it at least made you chuckle!! X

3.We Have Been Conditioned to be Closed (To Stay De-Activated).

i. Non-Player Characters (NPCs)

(15th August 2023, post)

hi, just a thought regarding npcs...

on the basis that there is a degree of truth to everything, the "npc" is a thing but our understanding of it is distorted.

i watched an alba weinman video (.....but it has since been removed!!) and, in it, the person explains that the npcs are real but that they are simply there for continuity i.e. if i am on one timeline but my neighbour is on a different timeline, then we will each be npcs to each other on our respective timelines.

our "timeline" is where we choose to hold our awareness (where we are "active").

so, from this understanding, we may be continuously jumping from timelines depending on our mood, circumstances, etc, etc throughout the day.

anyway, when i mention the "distortion of"....well, i was thinking that the narrative behind the "npc" has been quite unfriendly ie. dismissive of the npc, encouraging our hearts to be closed.

i think if we open our hearts and interact with the "npcs" (with everyone we meet/come into contact with) from this heart space, this then pulls (invites) the npc into the same timeline.

by simply treating people as npcs/background people (as the manufactured distortion would have us do) we engage them with our rational mind and so the timeline division remains.

just my thoughts x

i think i have written the above as we have been conditioned to be closed-off (treat people as "npcs") whereas "the haka" fully engages and acknowledges being in the presence of others (and self) x

(14th August 2023, post)

hi, do you mean the haka?

..yes!! it's like a statement of i am here in my fullness and i see you in your fullness (whether meeting in battle or at a wedding)...it's a beautiful and "full-bodied" acknowledgement to say: "i see you" x

https://www.youtube.com/watch?v=A5_HmlSzpPo

(16th August 2023, post)

....

what feels right to me is that my "npcs" are versions of me, hema.

i can embody a particular npc at one time (bring/hold my active awareness into).

so, throughout my day i may jump between my npcs (versions of me on different timelines) depending on my vibration.

for example, if feeling good, will embody a version of me (npc) on a higher timeline.

it feels right to say that each npc of me will have a part of my (passive) consciousness....my npcs make up an inter-connected network (of my consciousness) within which my active consciousness can freely move. (i hope this makes sense).

a few weeks ago, i called in all the versions of me (my npcs, i think) and said that we would be going for the highest timeline possible (as one unified me/consciousness).

i choose (or attempting to be) fully present and in the heart.

what this perhaps means is that i am not consenting to "continuity" to enable others' timelines in lower dimensions i.e. i may cause glitches in the matrix.....

oooh, this thought just came to mind, and i really like this thought!!!

this also means i choose to acknowledge everyone (that i meet) from the heart; namaste (i see your divinity).

i hope this helps....have a lovely wednesday ... everyone x

ii. Heartfelt Expression

(13th May 2023, post)

erm, not that i'm a floozy or anything...no, no, no! but i think i have just fallen in love with 37 men!!

*here's the divine masculine serenading his divine feminine...
..."i sit and wonder who i'd be if i never found you and if you never found me"
..."so why don't you give me tonight and the rest of your life, i want to have it all
with you "
..."because your love is biblical, biblical"*

yes, i am indeed in love!

<https://www.youtube.com/watch?v=RKYiTW-dRUU>

Song: 00:44-03:02

Note: we all have a divine feminine and a divine masculine aspect to us and we are all the embodiment of love. This performance is a serenade to these universal aspects of us....that's why it touches us deeply but only if we allow ourselves to be open to these aspects of us being (loved) sung to.

iii. Seeing Joy and Happiness in Others

(14th December 2022, post)

.....

*your video reminded me of another ("stayed-with-me-video").
it's from caroline quentin's travels in india and being touched by a family who live
on the streets (segment: 26:54-30:40).*

caroline's response is very touching (29:53-30:40)

<https://www.youtube.com/watch?v=PTCHwvck09A&list=PLvoRlZFMwbkpq3xFpFjedEtdcsj6BrrE&index=2>

4. The Great Awakening & Ascension

We are living in the period known as the Great Awakening; we are freeing ourselves from a system/matrix/prison and this awakening will usher in the Golden Age; the Age of Aquarius.

For the first time in the history of the universe, a planet and the beings that live on her will ascend together...ascending to a higher reality (density).

All souls living on the planet at this time were selected to be here; to enable this process of ascension.

Having learned all the lessons duality has to offer, we are returning to our sovereign divinity by simply releasing all that we are not i.e. anything that is not of the light (love).

A. Light Workers

i. Chosen to Awaken First

note: I believe some light workers have chosen to wake-up first and others have chosen to wake-up later. We are all working together for the greater good as an unstoppable unified loving light; a small ripple that inevitably gathers evermore greater momentum as we each awaken in our own divine timing.

(23rd December 2022, post)

...

yes, we are living in an amazing time... the boldness of love is palpable as love on both sides of the veil is uniting.

(7th January 2023, post)

...

since joining this group, i have learnt and continue to learn so much...the paths you all have bravely chosen and walked with such love, compassion and courage amazes me.

it's lovely to be a part of this unfolding walk home with you and everyone here x

(4th July 2023, post)

hey everyone,

i've not been on signal for a couple of weeks or so and, as i read through all the messages, it was nice to feel all the warmth, wisdom, friendship and love.

i love being part of this group.... i love you all!!

(30th July 2023, post)

i think, up until now, we have spent time learning (becoming aware) and perhaps we are now entering a phase of walking-the-walk (and not so much talking-the-walk!!)

ii. Taking a Stand

(2nd March 2023, post)

...

i have often found myself being the only one to stand up.... but also, i have found people do resist quietly. i think the majority realise the situation they are in but survival kicks in so they play along, but when they can resist quietly and anonymously, they do this is what i have found whenever i have been the one with my head above the parapet.

(the asleep are not so asleep!!!) x

iii. Holding the Line and Paving the Way

(12th April 2023, post)

hi, just a thought...

"where we go one, we go all"

can be interpreted in many ways.

the spiritual meaning may, perhaps, be:

as each of us progresses along this spiritual path, we help and bring along others to where we have advanced to.

i do like this interpretation, very much.

... this slogan felt clumsy (and difficult to remember) when i first came across it in 2020/2021. but given this spiritual meaning, it makes complete sense to me, almost as if this slogan was created ultimately as a spiritual statement or intention. really interesting!! X

B. Waking-Up Of The Masses

(18th March 2023, post)

so then, the waking up process (perhaps) is for those with good hearts to let go of what they believe to be true (religion, education, etc) and to embrace their hearts. their hearts (ironically) always being reflected in their actions; actions not being due to their beliefs but because of their hearts.

this also begins the journey to go within, to acknowledge their true essence.

this is exciting!!! X

(26th February 2023, post)

hi, i have a feeling when the truth does come out people will be relieved.

i think most people know that something is very wrong with the world....how parents are not able to just be parents..... why do i feel so much anger when i am so faithful to god?

these are all very honest thoughts but very much taboo....a good parent has to work to provide!!!! how dare you question god's will!!!

i think our basic beingness of love and light will be relieved; it will be able to finally breathe...just "be".

i think there will be a collective sigh of relief as we have all been duped.

just my thoughts, as always! X

(2nd March 2023, post)

...

*people have no idea, or may have an inkling or may know but choose to play along and not rock the boat (rational/survival mode/other motivation).
each "position" is ok.... they are just where people find themselves at that moment.*

but i have always been surprised at the help i have had (always very subtly done) on the occasions i have found myself with my head above the parapet.

(6th April 2023, post)

hi, this popped up on my yt feed this morning.

i think this is how many people will feel once they realise we have been lied to about everything- relief (not wrong to think something was not right); scared (not knowing); liberated (not knowing); gut instinct (i was right/i should have followed my gut, i shall follow my gut from now on)

<https://www.youtube.com/watch?v=pFy1yUakGuk>

(11th May 2022, email)

Hi Ken

Last year (here in the UK), the restrictions were lifted (re: face masks) and things went back to a semblance of normality.

But (a few months later) a new strain threatened and for a 2-week period, the restrictions were put back in place (to try to "curb" this new "variant").

People reverted back to fear and face mask wearing.

At the start of this two-week period, i went into a supermarket...the fear was palpable as i entered maskless.

There was a security guard (unusually) standing a few feet into the shop like an aggressive barrier to entry. He saw me and told me i had to wear a mask.

I calmly walked towards him and spoke with him (from the core of my being/integrity/god's armour).

Talking to him from this place of integrity (no ego/one-up-manship/mind battle but simple conversation with another person).

Not defensive but open (i have done my research, i am not a risk to anyone but i will happily leave as i know he had a job to do and i didn't want to cause any problems...i just wanted to do some shopping).

Talking with him from this place of peace/integrity connected with him after a minute of discussion (as he knew his position did not make sense from his heart/place of inner knowing).

Had i tried to communicate through intellect/ego, he would have blindly defended his own stance against another "stance/belief" but i was communicating with him from a place of inner knowing which brought up his inner-knowing.

He let me shop.

When i left the shop (shopping in-hand), the security guard was sat at his station (head down, not wanting to follow his instructions to be a human barrier-to-entry).

it dawned on me that i had completely dis-armed him.

I learned that communicating from the heart/inner-knowing (as it is universal incorruptible knowing) is extremely powerful

x

p.s. sorry for long email (assume you're a super speedy "speed-reader")

(9th February 2023, post)

...

my family mean much more than the world to me, and initially they didn't get the jab because i asked them not to: "please hold-off, don't do it".

but the pressure was so intense that, one by one, they all did (willingly).

i was so upset but, funnily enough, not with them as they were doing what they thought was the right thing to do, but i was really angry (i very rarely get angry!) with those guiding me...i had recently become aware of them.

i told them: "whatever this is, i don't want to be a part of it. i don't care if this is a divine plan....i won't be a part of it."

and i quickly heard back: "everything is going to be ok"

i then realized that we are infinitely powerful beings.

we can self-heal, if we want to.

i knew then that everyone is walking their own paths and everything will be ok because these are our lives lived on our divinely agreed terms.

but i do remember being completely heartbroken and devastated before that realisation x

(18th March 2023, post)

....

i absolutely agree with you regarding a person's heart and goodness.

i do not know how i ended up in the situation, but i found myself taking my mum to have her first vax.

actually, i think we had gone to my sister's but had stayed much longer and so, on the way back my mum asked if we could stop by (as we were passing during her allocated time-slot). so we did.

*i was taken aback by the goodwill, humanity and community spirit of the volunteers who were there.
so much genuine goodness.*

*in hindsight, i think i was being shown that it is the spirit of the person that counts.
but, at the time, i felt distraught as we drove home...nauseous that i had let my mum get the shot x*

5. The Importance of Laughter

I'm not sure who said: "laughter is the highest form of spirituality", but it's absolutely true...it's a lovely release and often connects us together.

Swearing is a divine tool of energetic release but we have been conditioned to hold things in; to be tight and closed rather than opened and relaxed.

Here is a funny short video...thank you, Sharon!

<https://www.youtube.com/watch?v=h70fQzNhPxo>

One Big Family

2.1

The Family Within

2.1 The Family Within

1. The Ego and the Quiet Voice and Higher Self

There are many levels or aspects of “me” that I have become aware of and, oftentimes, I have been in the middle of a tug-of-war between these “parties”.

i.The Ego

(5th July 2023, post)

erm, just watching “the future faking” coffee chat.

errr, just realising there is a very sneaky and stealth narcissist in my life.... me!!

as within, so without!

hehehe....i’ve brainwashed myself!

i have “played me” for a very long time now: “once ‘this’ happens, i can then do ‘that’ and ‘this’ is going to happen very soon.”

..... wondered why nothing was moving forward in my life.

the penny has dropped (finally!)... thank you brice and catherine.

funny how profound realisations are often followed by “d’oh!!!” (at least, in my experience!)

(5th July 2023, post)

i’m breaking free of my own custom-made cult!!

(6th July 2023, post)

cults?

how awful...how do people fall for such things?

no, no...not relevant at all to my spiritual growth! x

ii.The Quiet Voice

(26th January 2023, email)

hi

whilst watching both your videos yesterday, i realised something profound- i had no clue! (call me dopey!!)

but i thought the quiet voice deep within me was the real me, but yesterday i realised it was sophia- the divine....she lives in/is connected to all of us.

i am simply the awareness (my filtered consciousness) or the observer/witness and the doer.

i was completely taken aback by this....

god does dwell within.

a temple is the house of god and the body is a temple!!

it makes so much sense to me....the puzzle pieces fit more nicely now.

i experimented yesterday!!

i. allowed my awareness to flow with her (and the world magically opens up. felt very solid in intention but lightness in action and supported too)...but i snapped-out quickly for some reason.

ii. moved my awareness away from sophia (my awareness in ego).

iii. had my awareness in neutral...observer (in the head/mind/(body?))

so thank you.....you're probably thinking: "omg, derrrrrrr!!!!"....but it was a penny that dropped for me yesterday.

genuinely gobsmacked by this realisation!

i thought my fractal of god was my soul and consciousness, which it is....but not a direct line too!!!!

so, thank you x

iii. The Higher Self

(9th December 2022, post)

something funny happened yesterday morning..... well, spiritually!

i was just quietly thinking to myselfthis ended up becoming a two-way chat.

it was only after that i realised i had had a conversation with my higher self.

the conversation was not in words (as in the case when my ego talks with me) but it was timeless but quick, and no words but with a depth of (expanding) knowing.

i have never been able to talk with my higher self before (but have been guided many times before by her...one-way conversation!)

but whenever i have tried to "chat" there would always seem to be a big wall in the way.

for this reason, i have been fascinated by people who channel and who are able to talk effortlessly with their guides.

it occurred to me yesterday that i have changed.

i am grounded and i am closer to sovereignty now.

i can talk with my higher self as an equal whereas before i would have deferred to her or felt less than her.

my higher self has been patiently waiting for me to reach this point.....i feel a new part of me is opening up, and i love it....i'm loving this journey!!! X

iv. The Ego and the Quiet Voice and Higher self

(9th December 2022, post)

hi ...,

*i should start by saying that i am very new to all this.
from mid-2020 to mid-2021 i was very much in to the intel.
it's only been in the last year that i have naturally fallen on to the spiritual side of things. (though i did have an interest in self-development and spirituality prior to 2020 via books and yt videos).
so, if anyone has valuable insights for..., pls share or correct me!*

*this is just my experience, and it is unique to me but there may be general take-aways that may be helpful (or not!).
actually, you (...) have a unique path that will naturally reveal itself beautifully to you as you walk along it...at least, this is what i am finding.
the things that didn't make sense before or don't make sense now will fit nicely together (make sense) at some point as the puzzle pieces fall naturally into place at the right time.
your life, as ... , is divinely planned by you, with love!*

ok so:

1.ego:

*from my experience, my ego has been a loud voice in my head.
when i mean loud, i mean it is a talkative voice (very wordy!)- jumping from one subject to another, likes to create stories or judgments and is very fluttery ("the artful dodger").
it likes to be the hero and the manager of everything (in control)...and it is demanding of my attention.
the ego defines me by external things (an image to be maintained..... my "worthiness") such as job, education, etc, etc.*

*the ego, as i understand, is a survival tool.
the ego is very much in the "head"*

*my ego now is generally quiet.
when it is loud, i now know i am in the "head" and this is my prompt to be grounded or centred in my heart.*

2. quiet voice or true self:

about 10 years ago, i began to lose everything.....and i was happy to lose these things.

my ego eventually had nothing to hold on to (to define "me" by)...it became quiet- i think i inadvertently traumatised it!!!

but, i found having nothing to hold on to (externally to define me) the very quiet voice inside me (not in the head but in the body..heart/stomach) became audible...i was free to listen.

this voice was solid and gentle and as i began to listen to it, i felt really solid as me, empowered (aligned).

i was following my heart (regardless of external expectations and rules).

i was building my life from the inside-out....my life as an expression of my true self.

i'm not suggesting you lose everything (no, no, no!!), but perhaps when you take a walk in nature or in the bathroom(!) in those quiet moments, relax and listen....try to listen to that quiet voice within (don't force it, it'll come naturally).

the more you listen out for it, the more it talks/guides....it doesn't talk at you like the ego.

be in a surrendered state- open to be guided by it (your heart's voice, though it seems to come from the pit of the stomach).

3. inner-child and inner-self

i'm just guessing here, but i think the inner-child is the unexpressed true self as experienced in your younger years.

the inner-self being your true self (generally) i.e. that quiet voice deep inside you (your heart) that is yet to be expressed.

4. higher self

my higher self felt like me, but a much bigger me....very mothering , a tender guide.

the conversation involved me thinking something (but before the words were formed in my mind) and the answer would come involving me being immersed in the answer- an instant knowing.

erm, this is a rather long reply ...hope I answered your questions! X

2. Calling-in the Different “Me”s (Stuck) In different timelines

(29th March 2023, post)

...

there really has been a tug of war and we have been at the centre of things without being aware of it.

i do like the idea of calling back those versions of ourselves stuck in abandoned timelines.

thank you again for sharing x

(13th June 2023, post)

...

i called-in all my fractals last week and told them that we are one now and that we are going for the highest timeline possible.

i felt “full” or complete and centred as a result.

Interestingly, each time my mind has become noisy (old patterns of chatter), i have realised the loud chatter was a specific fractal wanting to be heard.

by acknowledging the fractal i.e. by asking what it would like to say, a better (a higher timeline) way would reveal itself to replace the automatic/usual way of handling things associated with that fractal.

if i simply ignored the chatter, the fractal linked to that chatter would have split from me and i would no longer be whole but instead, would be jumping between fractals (unconscious behaviour) as i have done in the past.

so, i'm finding the chatter a very helpful tool now (we are working as a unified and conscious "i" or "me").

i have consciously taken a firm hold of the helm and the direction i have chosen to take as a whole and complete being (my fractals united!!!).

this has been my experience.... hope this makes sense x

(12th August 2023, post)

hi, a few weeks ago (i think) i mentioned here that i had called all the versions of me back to me and said we are moving (as one) to the highest possible timeline.

anyway, a week or two ago, i saw a version of me for the first time; a version of me who had taken a particular path (that i had not taken). she had been trying to talk with me but i hadn't seen her until then.

she had chosen to share her life with her first love.

when i saw her (and him) they looked really happy; had lived a very happy and long life together (with a lot of children, i think) but because i had called her back she had come with him.

she told me that she would join me but first she wanted to make sure he was ok. she had brought out the very best in him but the version of him that exists (here and now) is very different; very much 3d and ego-based.

so this version of me asked if she could stay with him until he (the version she knew) was firmly integrated in him in order to then be able to better guide himself from within.

...i thought this was very lovely, and also, a gentle goodbye for them.

i always felt a fondness for and attachment to him but just thought that was a natural state of being but it was because this version of me loved him dearly and was living in parallel that there must have been an overspill of their happiness/love into my life.

my life has lacked this and have yearned this type of happiness deeply....me, being firmly guided to this path that has led me to this awakening journey with y'all!!!

just thought i'd share as there seems to be a depth of our consciousness/oneness that is truly mind bogglingly beautiful x

3. Shamanic Journeying

I did my first and only shamanic journey on a group call with Holly. The journey involved entering a mansion and going down to the lower floor and going up to the upper floor.

I had not realised that a shamanic journey is the exploration of your own consciousness. I had thought it was journeying or exploration of external things such as other worlds, etc.

This is what I experienced:-

(6th August 2023, post)

hi, thank youjust listened to the call.

for me, the mansion doors were predominantly made of glass (held within a white wooden frame).

the door at the lower level was alive (with vegetation, flowers and trees; the door handle being a branch).

i walked into thin air, and then realised i was on a cloud and dressed in a white robe.

when holly said there was a path, i thought: "oh, i should be on the ground!" and floated down to a path that was made from beautiful coloured crystals. i walked along it but the crystals felt soft under my bare feet and energising.

i was met by a giant floating gold fish who took me to my totem animal which was a small tortoise/turtle.

i asked him what he'd like to tell me but he said nothing and so, i held him and we were playful together, and i felt love.

when it was time to leave, i put him down on the path and saw two different hemas (as a child and as a young adult) emerge from him and they both waved goodbye.

the door at the upper floor was invisible/energetic. i walked into bright light and i was in my light body.

an eagle flew to me immediately and i asked him what he would like to tell me and, again, there was no reply.

i felt the solidness in his energy and felt that this was his medicine for me i.e. to be solidly me...but also, i have been missed- i have not allowed myself to be shown or known by myself or by others around me.

i was given something to drink and i felt the liquid energise me.

other animals appeared; a lion, a butterfly, and some others i cannot remember....all really friendly and really happy that we were together.

i made my way out and down the stairs but, as i left the mansion, the animals re-appeared and all said that they were coming with me and i said: "ok, if you'd like" and with that, they disappeared but i felt them energetically.

this was my first shamanic journey, so thank you holly x

(8th August 2023, post)

*hi, it's funny- always thought they related to "discovering other worldliness/things".
i did enjoy the shamanic journey with you and the gals (on the call).... it felt like a really intimate conversation with loving beingsoh, with myself
thank you holly x*

(21st August 2023, post)

*...
it is very comforting to know we all have inner sanctuaries.
....*

One Big Family

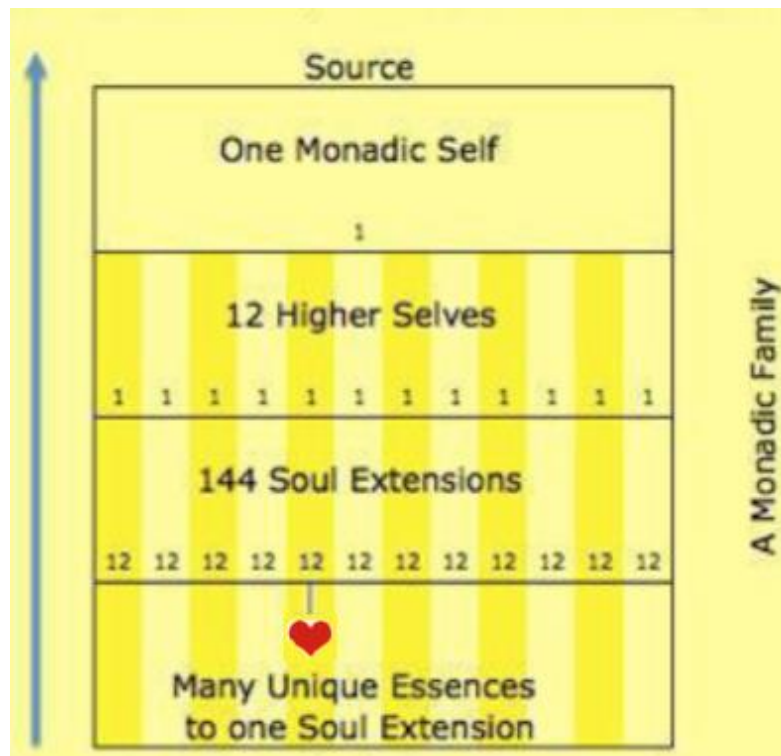
2.2 Family Of Incarnations

2.2 Family Of Incarnations

1.The Soul

In my mind, I think of my soul as directly connected to Source. This is a very simplistic understanding, but for me and for now, it is all I need to know.

The diagram shows the (possible) arrangement leading up to Source.



2.Different Lifetimes but Shared Unique Essence

For about 12 months, I have been slowly introduced to some of my incarnations. My incarnations are my past lifetimes all sharing the same unique essence.

I will share some of those experiences with you here but will also provide an understanding of how incarnations are all connected in the present moment.

3.Experiences

(31st December 2022, post)

hi, for the past few days i have felt that there's something big happening or about to happen for all of us....a turning point.

i have felt my beingness "expanded" and i am being invited to fill the expanded space ..to step into my true self; to remember who i am and embody it.

i feel i am being cheered on and feel very loved but, at the same time, nothing has changed in my "real" life!!

i think this is what the choice is (for me, at least).... whether i stay as i am or embody x

(31st December 2022, post)

hi, i'm not sure if this is of value but, in case it is, i thought i'd share

*i posted earlier that "i was being invited to step into my true self".
well, earlier today, it happened, very gently and beautifully....it was not daunting or overwhelming as i had built it up in my mind to be.*

*while listening to some music ("ong so hung" thank you jasmin!), i felt presences all around me....separate from me but at the same time, very much a part of me.
these presences were my different incarnations.*

*they placed a loving cloak on me and one-by-one began to offer me gifts of thanks.
but i didn't want anything (gifts) so then one-by-one they placed their hand on my heart and i could feel their individual energies. each presence saying hello and thank you.*

i could feel their individualness (their lives lived) but at the same time their similarity (to me).

it was made clear that this is my life and it is to be lived my way but that i am always in the presence of my "mes" who are there always if i need help.

i felt whole.

I also felt the things I do in this lifetime impacts them too.. this life is their life too.

i thought the oneness and connectedness (on this spiritual path) applies to everything outside of us, but it also applies to everything within us.

i felt a little fear when i was thinking about the coming week, but then i felt their hands on my heart and the fear left...it was a nice moment.

i hope this makes sense.

wishing you all a very happy new year x

(1st January 2023, post)

...

we will all experience this in our own divine timing.

it's magical, simple, beautiful and this is where sovereignty begins (i believe)...where we begin to truly get to know ourselves.

each incarnation being a mirror of me; a best friend.

i understand now why the controllers were so keen to keep us disconnected; to keep us within the confines of the mind/ego and separate from our families of "mes" where there is so much love and connectedness.

i feel whole but at the same time, a part of everything else.... just as divinity had planned....it's just the start, but it's a lovely place to be and grow from x

(1st January 2023, email)

...

expanded

the "expanded beingness" was simply being aware or connected to all of "me". much like how someone may feel if they have no friends or family, but then are introduced to long lost friends and family- there is a natural expansion of "being" or connectedness; of feeling whole but at the same time, feeling like i know myself better by knowing "these mirrors" (incarnations) but also that i am my own sovereign person.

previous incarnations- high energy

you may have already gathered that i can be "wobbly" at times!

last week (friday, i think) i intuitively knew i had an email in my inbox relating to the litigation, but i let fear take over and avoided opening up gmail or even going on my computer!

i read the email later that evening and it was important but nothing i couldn't handle.

a few minutes later, (for the first time) in the space between my eyes appeared a very bright golden orange yellow flame in the shape of a head and shoulders..i couldn't make out the finer details but she felt lovingly powerful, gentle and beautiful).

in my heart, i heard her say:

"you are much more than any fear"

"remember who you are"

when i met my incarnations yesterday, she was there and others of that same energy.

oh, i should mention that while they were all there (including incarnations not yet incarnated!) only a few introduced themselves...the ones of relevance to me in this moment.

yoga master and a shy girl

there were two incarnations that "brought themselves down energetically" so i could see them.

the first felt and then appeared as a "well worn" hand on my heart.

"yes, it's me!"

i knew instantly that this was the yoga master from india (hemavathi village!!). i have subtly felt her presence when practicing yoga.

i think she will guide me once i have got the basics (core strength, balance, flexibility!!)

*but there was also a young girl who fleetingly said hello. the other incarnations are very protective of her.
she's very, very shy and traumatised.
of all the incarnations, i felt she was me.
i look forward to releasing our shyness and trauma together in the coming weeks, months, years.*

anyway, just thought you might like to know what's been happening on my end.

perhaps, ultimately, we will no longer need "healers" (reiki, qhht, etc) once we have become fully whole (connected) and know how to self-heal x

(5th May 2023, post)

hi, i posted this post on the ea chat a few minutes ago....

hi, i truly believe we are the embodiment of all of our previous incarnations....we are each the most refined expression of our soul to have walked the earth.

*i believe this is the reason why we were asked to be here at this time; we are more than capable of leading and ushering the way home.
and we have the most incredible support systems too; seen and unseen but always felt.*

i just felt it important to write this (and prompted by this video which appeared on my yt feed this morning) x

<https://www.youtube.com/watch?v=C49XEDSOFcI>

(6th January 2023, email)

hi

i (think) i was partially initiated just now.

*... felt myself just lying on my dragon friend's belly...it's a very comforting place to be and gabrielle appeared too (first time meeting her!).
just stood with them but i became smaller and smaller and smaller...not feeling the best this morning. i was so small, i found myself leaning/laying front-side against gabrielle's big toe!! they stayed with me as i slowly grew back up again in size.*

i was taken back to the place where i met all my incarnations (the other day). a robe was put on me and given a bouquet of "sticks" and sat on a chair- with everyone around me (as last time). a crown was put on my head- i felt a wave of energy expand out from my head.

i was then laid (in thin air, the chair not there i think) and i was washed with what seemed to be ladles of water poured over my body (but not water...cleansing energy).

the sticks were then placed in my chakras (...the rods you mentioned in a video).

someone to my right started to talk (prayer-like...perhaps light language). another person started to pull the energy from my head...removing the old. once done another person to my left poured in new energy into my stomach...golden energy and as it filled my body i felt energised.

then as the person continued to talk (to my right) the chakras were worked on (the heart, then crown, then 3rd eye then throat....

i am not a very good initiate as i was not fully in my body, wanting to see what was going on and i was asked several times that i needed to stay in my body!!! ...hence why it was a partial initiation.

i think as much was done (with what they could work with...i.e. me, not being still!).

perhaps it will be continued in my sleep.

i did need this as i can feel the full wrath (heavy hand) of the matrix falling on me- to crush me for challenging them, to render me powerless and trapped in the matrix...but we rise and hopefully i'll rise above ...i think this is why this initiation happened (prematurely, perhaps), to remind me of who i am and that we are all bigger than the matrix

x

When doing Bridget Nielsen's Soul Embodiment meditation recently:-

(13th March 2023, post)

hi .., i just did the meditation.

...

my soul ancestors (incarnations) appeared but they shared the same light as me and we shared the same third eye....we were one (and not separate) which surprised me.

it's a really relaxing meditation....though, trying not to fall asleep was perhaps a distraction!!

it's funny how little we know about ourselves....we are a mystery unto ourselves.....forever evolving and new lessons to be learned or new paths to be forged!!! X

4.The Stack of Clock Faces

(7th February 2023, post)

*hi everyone,
i am being guided to post again; to explain the workings of our "personal stacks of clock faces" following my previous explanation of the collective stack.*

*before doing so, my feeling is that the purpose of these posts is to open up new understanding of ourselves as and when we are ready to know.
so please read the following (or not!) and, whenever the time is right for you, the information will (hopefully) be helpful to you on your unique path home.*

so here goes....

1. my soul's incarnations:

from what i remember of meeting my incarnations, each incarnation felt like a separate being living in the now.

note: these incarnations were specific to this realm(!)

they would emerge from a mass of light/energy to express themselves individually but also had the ability to merge back into this body of energy.

all of my soul's past and future incarnations already exist in the "now" as this body of energy.

2. clock faces:

each past incarnation has a clock face.

these clock faces are stacked on top of one another chronologically.

each past life affecting the clock face above i.e. determining what lessons are still to be learned.

each clock face is connected at the centre point (the "now").

3. current incarnation:

as the current or active incarnation, my clock face sits at the top of the stack- i am the active "now" for my soul in this realm.

i am the most up-to-date expression of my soul in terms of it knowing itself/its development within this realm.

while my past lives have influenced my soul contract, as the active incarnation, my actions in the "now" also affect my past and future incarnations.

4. past incarnations:

past incarnations are "fully formed" in terms of character, experience, etc. as a result of having lived a life.

they have established unique energetic patterns of expression.

5. future incarnations:

future incarnations are simply potentials.

they have not yet had the opportunity to "live" and so have not yet established defined energetic patterns.

the decisions i make in the “now” influences the timeline i “ride” and, therefore, determines which future self incarnates.

6. guidance from future selves:

it is my understanding that when my future self guides me, this future self is the potential energetic patterning of a future incarnation specific to a timeline.

my understanding is that i have access to all future timelines in the now moment, and can communicate with all my future potential selves.

7. the next incarnation

after my life has been lived, a new clock face will be placed on top of the stack i.e. the “active now” of my soul (within this realm) will be transferred over to the new incarnation.

i will become her guide as she lives her life but also, i will be a part of her- she will be the culmination of our soul’s past incarnations as well as being her own unique self.

(oh, as far as I know, all my past incarnations were female and so, I assume all future incarnations will be female too).

i hope this makes sense.

it is simple and elegant once you become familiar with the concepts.

having said that, having just read the post, i hope your mind is not too scrambled!!

as always, please use “you” as your own filterer and gatherer of truth....”not truthers but seekers”, as brice says!!

have a lovely tuesday/wednesday everyone x

5. More recent Experiences

In recent months I have experienced myself as a centaur!!!! And the funny thing is, it feels very familiar and comfy!!! This lifetime (as a centaur) was in the Sirius star system.

i. Introduction to My Centaur-Self Via Crystals

(22nd May 2023, post)

hi, i watched this video yesterday (as posted by holly) and found it really interesting.

<https://www.youtube.com/watch?v=ahcDdDZavs0>

i have a few small crystals, all chosen because i liked them or i was drawn to them (while scrolling on ebay) but they all sit on my shelf on top of my oracle card decks (that i also don’t use!!!).

but after watching the video yesterday, i have begun to communicate with them.

this morning, i had an image of one of them pop into my head as i woke up (as pictured, my small pietersite crystal...i had to look the name up!).



so when i had a spare moment this morning i picked the crystal up and took a few deep breaths (to centre myself) and asked: "what would you like to tell me?"

*i then allowed whatever to come to come.
i felt my scalp tingle and thought: "ooo"...and felt the thought: "tell me more"
and then i saw (in my mind's eye) my hair become vibrant/awakened and turn into snakes that were very much active and vigilant and snapping on occasion.*

i realised that these snakes were protecting my mind from external influence on my mind i.e. any thoughts dropped into my mind by the matrix and not of my highest good.

wow!! we talked about making snakes great again a while back.... they are our fearsome protectors much like dragons.

i now wear my (newly activated) snake-do with pride!! ...sorry if this is a little too weird!! X

(22nd May 2023, post)

*...
the snakes felt very loving and protective x*

(22nd May 2023, post)

... i felt him say "freddie" when i was writing my reply to you x

(23rd May 2023, post)

good morning

regarding my crystal post yesterday, i forgot to say that prior to talking with freddie, i held him in the palm of my right hand with a relaxed and empty mind. this enabled a knowing to come through me.

i felt he needed to clear the energy he was holding (so he could talk with me as himself and unhindered).

he released the energy he was holding and the energy from my palm transformed it to light/sparkles in my mind's eye.

once freddie felt "lighter" (ready to talk), i asked the question: "what would you like to tell me?".

the whole experience only lasted a minute or two but the experience was rich with depth so felt longer than the very short time that had passed by.

what i'd like to say, ..., is (as much as possible, as i think this is the key) allow your inner-knowing to come through as i'm sure we each have our own communication styles with crystals and nature x

ii. My Centaur Self

(12th August 2023, email)

hi brice, just watching this video.....erm, i spent most of june helping to cross over lost souls (and others) into the true light.

during each session, i would naturally take the form of a centaur with snake hair holding a staff in my right hand that had a pink crystal at the top.

this pink crystal was extremely powerful and would connect (energetically) to both my third eye and to the portal.

erm, while it felt very comfortable and natural to be a centaur, i did have a vision/memory/quick flashback of being very friendly with mermaids (merpeople)...in this instance, jokingly, asking me to join them in the water when they knew i was very clumsy physically and an awkward swimmer.

i knew we worked very closely together as a community despite one being of the water and the other being of the land.

just thought this might interest you x

6. My Clock Face Stack

i. Relates to All My Incarnations within this Universe (I think!!)

I mentioned above that my clock face stack relates to all my incarnations within this realm, Earth.

Given my recent experience as a centaur, I now believe that my clock face stack represents the lifetimes lived by my unique essence within this universe.

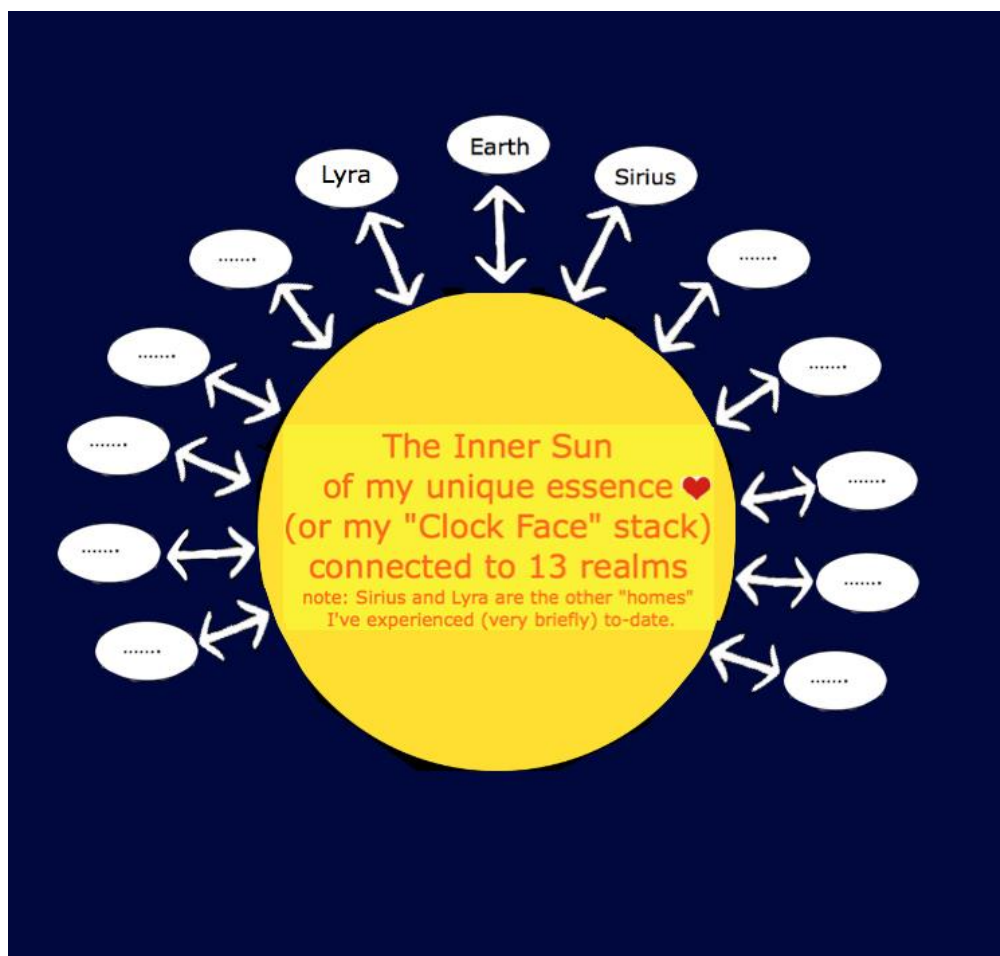
Note: I also mention above that I thought all my incarnations were female. This is incorrect. All the incarnations I have had the privilege to meet have all been incarnations relevant to me at the moment of meeting them.

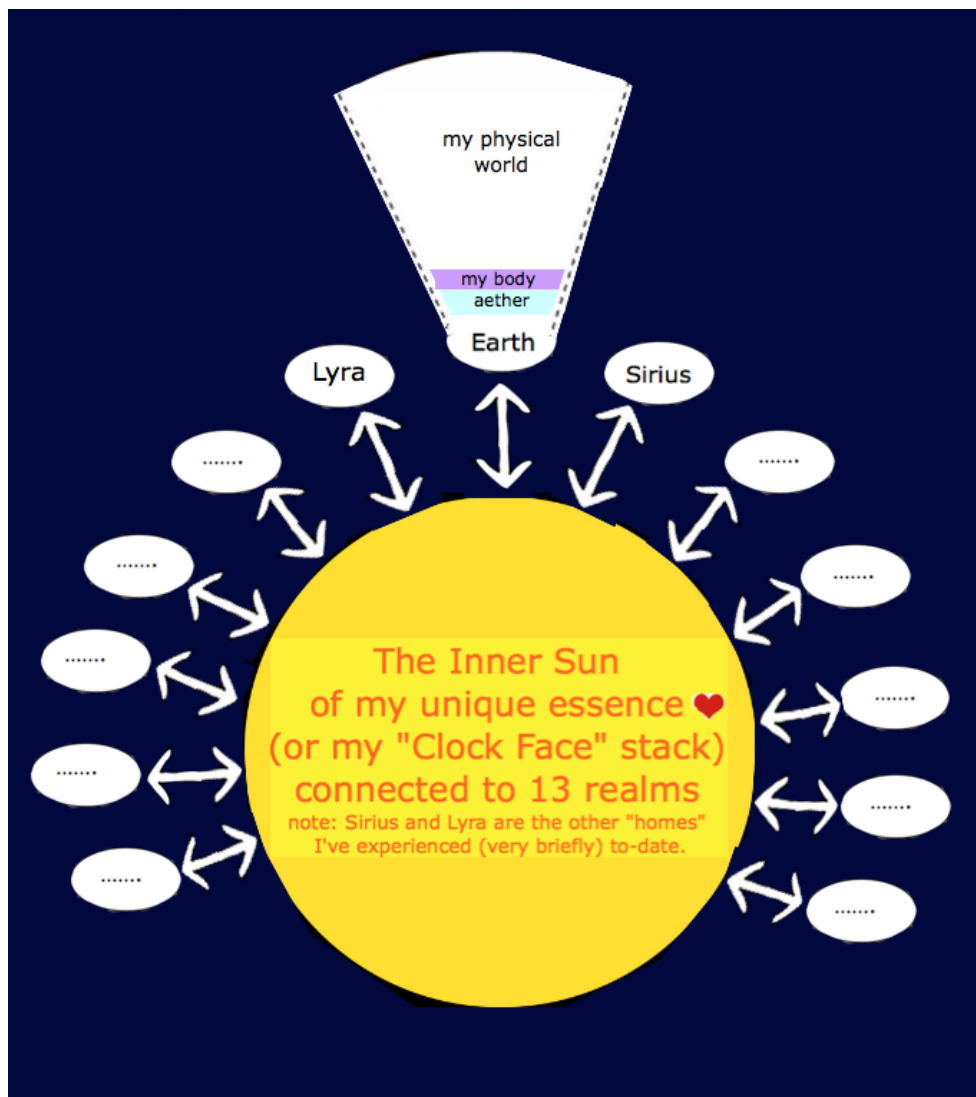
ii. My Inner Sun

I believe my inner sun is my clock face stack.

The two diagrams illustrate why I think this is so.

Given my experiences to-date, these diagrams make complete sense to me now and so, I share them with you.





7. Madala

(23rd September 2023)

I'm not sure why but "Ong So Hung" seems to be a divine doorway for me. Beautiful things seem to happen when I listen to it.

I have not listened to it for several months but was prompted to play it just now as I felt incarnations gathering around me.

As the music began to play, I was warmly greeted and led to the centre spot with everyone gathered around me.

I was kneeling on the ground with my palms together but facing upward. A lotus type flower appeared in my palms but it was the brightest of warm light; it was a flower in its energetic form.

This flower connected to each flower as help by each incarnation around me. Our hearts and third eyes also connected energetically.

We were a beautiful madala pattern of golden light... a flower of many unique but similar petals.

(I looked up the meaning of “madala” and it means “elder”).

I felt so connected. We were one.

Each incarnation is a part of me. I held the madala together by simply being me; our shared unique essence.

One by one, some of the incarnations joined me in the middle but it was me just allowing that aspect of me to come forth.

I am the embodiment of all of my incarnations.

This was a beautiful experience.

I think I was being shown that the more I open my heart, the bigger the madala... the more petals or incarnations (the more of me; the experiences of my lifetimes) I allow to be in the present moment with me.

I love this spiritual journey.

<https://www.youtube.com/watch?v=T2DvqX5e56I>

note:

throughout the process of writing these posts, I have been guided but while the information resonates with me, I would wonder whether it was correct (not wanting to mislead you).

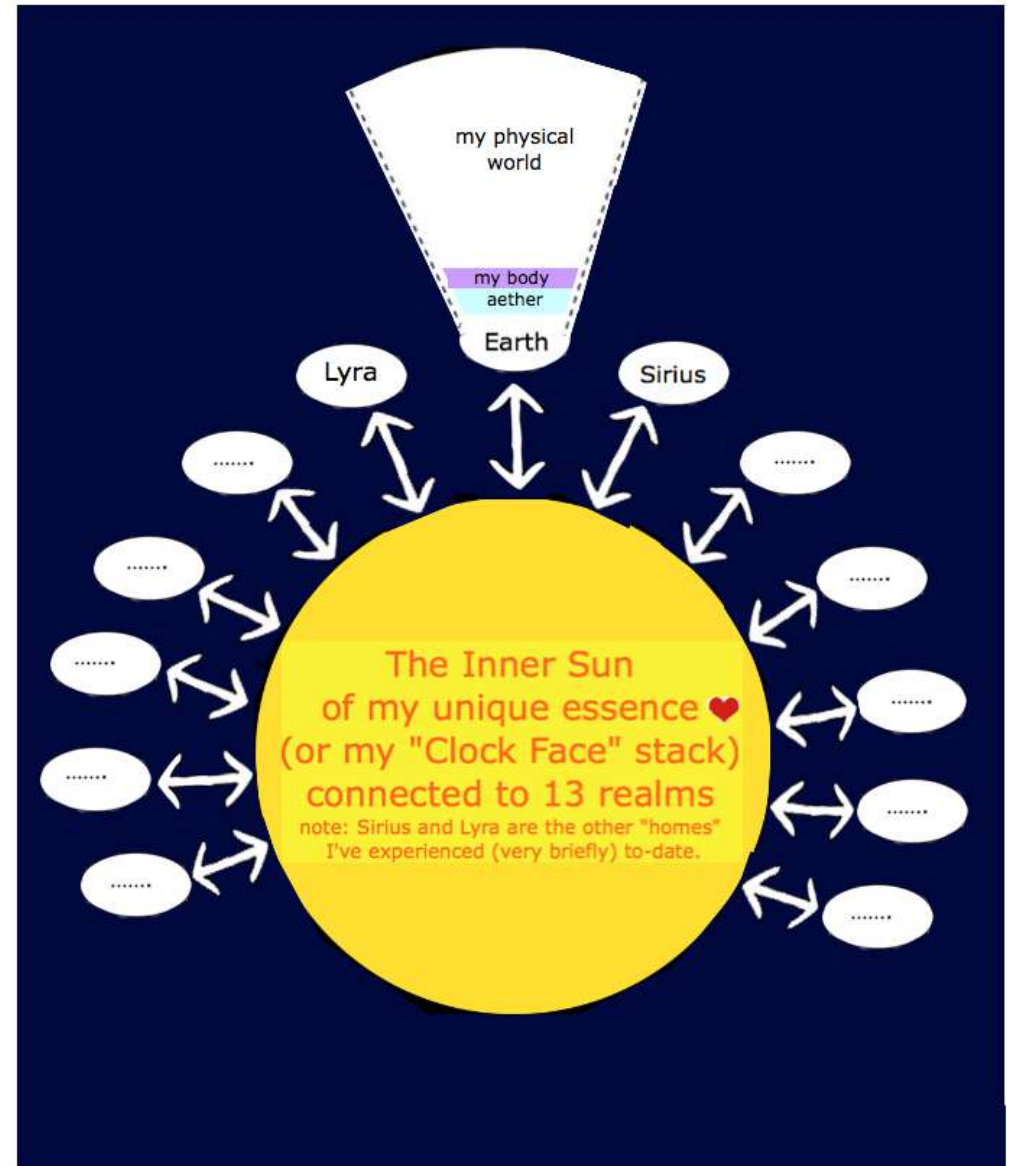
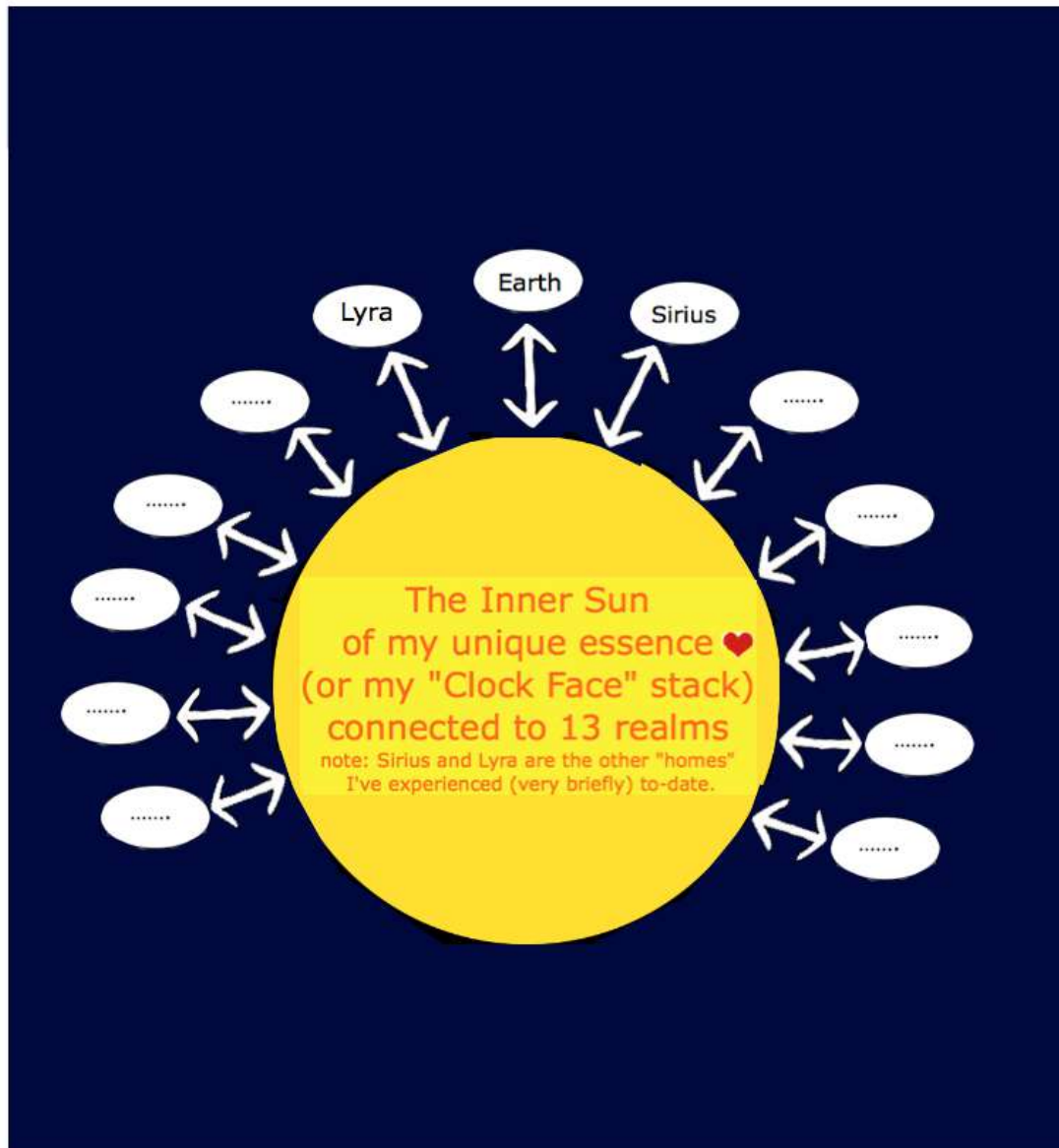
Each time I would be shown something to confirm that the information is correct.

In this instance, this morning (24th September 2023) I found this video on my YouTube feed and began to watch it while having breakfast.

A few minutes into the video mentions us having access to all of our incarnations at this time!!

Whenever I have experienced this “independent confirmation”, the wholeness of my being has smiled with the realisation that the light is working as one through all of us x

<https://www.youtube.com/watch?v=e5SnBQjG3tA>



One Big Family

2.3

Loving Guides and Loving Helpers

2.3 Loving Guides and Loving Helpers

1. A Unicorn (.....Yes, a Unicorn!!) to the Rescue

(3rd August 2023, email)

....

adverts

you mentioned a few weeks ago that one of your subscribers told you that she watched all the adverts through to the end in order to make sure you received the ad-income. Having not contributed to your channel, i thought i'd do the same- the least i could do.

I did this for a few videos over a few days (adverts are really programming!!!).

Anyway, an advert came on- black screen with two bright eyes (and rap music). It felt different but continued to watch. Felt something not right- the energy of the eyes was wrong and becoming stronger. The thought: "they know i am watching ads to the end, i should stop the video!!" came to mind.

As i thought this, a unicorn ran in front of me; completely breaking the connection/hold of the video over me. I was taken aback by the beauty of the unicorn (my first time), and in my mind we rode off but then i came back to myself as i felt it important to switch off the video and to say: "i do not consent, please leave and go to the light if you so wish"

(4th October 2022, email)

...

(you may remember...)

i mentioned i saw (was rescued by) a unicorn a few months ago.

the unicorn was completely white (shades of) but its horn glimmered in subtle rainbow colours (swirling upward pattern of colour) but its eyes were simply small black dots...pupils (no iris)....horses have big lovely eyes and i just thought "oh" when i saw these small black dots. but when i looked into them i felt love and protection.

...

2. My Beautiful Friend

(10th September 2022, email)

dragons

.....

(joanne dunn....i first came across her last year and she was heavily into dragons. I brought one of her services....dragon healing, as i was curious. I eagerly waited for the email which would give me instructions but it never came. Whilst watching a YT video, i felt a dragon circling above me and gently land on my lap.....he was large but had become very small to sit on my lap. I stroked him and tickled him and he climbed over me. he became big so i was sitting on his tummy....it was a nice few minutes and then he left.

i checked my spam email, and there was joanne's email...the dragon had come anyway.

this dragon is blue with a messy head of yellow hair (not blond but yellow!) when he's small....most of this yellow hair becomes scales when he's big and he comes and munches away when i need it. ..he becomes really big after a "meal".

one time i thought, wouldn't it be funny if you farted sparkles to become small again....this always happens now before he flies away....he always smiles when he does this!! the ultimate form of transmuting energy!

(26th May 2023, post)

*...
i physically saw my dragon for the first time in the quantum...i knew it was him because of his energy and just a knowing (we have known each other forever).... the playful introduction was to allow me to remember.
i'm so excited for you..... x*

(11th September 2022, post)

dragons

... He comes before i realise i need him. I feel a really deep connection with him but he just pops in and out. No conversation or minimal. I think a more interactive friendship occurs in higher realms.

He doesn't have a name because no name i know "fits".

(The first time i met him, there were other dragons circling above but he was the one who wanted to come down...as the youngest, i think the others allowed him to).

(2nd August 2023, post)

hi holly, the other day "my" dragon came to me.

he came with something in his mouth.... i did not know what it was but because he is very playful, i thought it was a toy so i threw it (for him to then fetch and return) but as soon as i threw it, i realised it was not a toy.

when he brought it back, i knew i was supposed to attach it around his neck.

once attached, he turned into this beautiful sparkly gold colour...breathtakingly beautiful. (he had been a beautiful shade of blue with a yellow tuft of hair).

he then smiled and left.

i am wondering whether the change in him is a reflection of a change in me?

i say this because i remember nilesh mistry explaining (in a video) that dragons physically change with the changes in their realm but, in this case, it would be a change in the connection between the two of us, right?

https://www.youtube.com/watch?v=KfSr_iS1Xp0

what do you think?

thank you, holly....as always x

(7th August 2023, post)

hi ...,

....

(i have always felt a strong connection with him from the first time we met in 2021, but because of my level of spiritual awareness, my interactions with him have been very playful and simple. i know in another dimensions we are very close but "here and now" he brings himself down to my level of understanding).

(28th December 2022, post)

hi, i had a similar experience when watching "shang-chi and the legends of the ten rings" (part of the marvel series of movies).

towards the end, a water dragon spirals up from the lake and i was just mesmerised (eyes wide open and mouth agape!!!)...the whole scene felt so familiar...my mind had no clue but my whole body felt activated/energised/excited. it was an interesting moment!!!

i'm sure the writers, the directors, etc know exactly what they are doing as something very deep within me was definitely triggered/stirred from a long slumber!

...

3.A Being With A Magical Bag

(8th August 2023, post)

hi, a few times now, i have had help from an arch angel with blond hair and blue eyes who carries a satchel ...i assumed it was arch angel michael but didn't really think it was him....whoever he was, he was a very lovely being.

"satchel" being a word that has kept popping into my mind but i thought it was referring to his very magical bag.

i googled: "arch angel with a satchel" just now (as he had helped me this morning as i had been approached by some dragon-like beings who have now gone to the light) and i came across this article!!!!

derrr!!! omg...i'm so dopey!!!arch angel sachiell!!!

hehehe....the patience they must have with us (well, me!!)...his head must be so, so sore with his constant face palms!!

anyway, this article is a really interesting read and perhaps you may be guided to connect with him too x

<https://www.ask-angels.com/spiritual-guidance/archangel-sachiell/>

4. Galactic Help

(30th August 2023, post)

hi, a few weeks ago i woke up to me screaming!!

had no idea why i screamed but knew it was a reaction to something.

at the same time, i felt a group just to the side of me (just out of sight) and i felt them thinking: "how are we going to communicate with her??" (i think they had made a special effort to come down, everything pre-arranged and agreed but alas my 3d-self put a spanner in the works!!).

they didn't feel nefarious at all but i had no idea what they did to make me scream so i was hoping they'd leave and they did ...freewill!!

a few days/weeks later, i got a download.

i received information via my third-eye (i think) and knew it was from them.

it was like i was a tv-set receiving a signal....the inside of my eye-lids were like a tv screen on which moving images and signs were projected.

my body (and subconscious) understood but i (my consciousness self) just watched!!

i watched this video from rachel photon:

<https://www.youtube.com/watch?v=6iuO43xoNbs>

and now watching brice's video (new book, which promises to be brilliant!!) and brice just mentioned how wendy kennedy had to increase her frequency enough in order to communicate with the 9d pleiadian collective.

<https://www.youtube.com/watch?v=j-rpm05lLBA>

i think i screamed because the group had tried to communicate with me through a part of me i have never accessed; a part of my mind i am completely oblivious to.... but watching these two videos, i see all that is required of me is my freewill to communicate and the way will be shown.

i have stipulated that my higher self has to be present in all communications. (i know my higher self is with (guiding) me when i feel a warm/hot disc on my back, behind my heart).

i feel i have to be sovereign (fully connected and grounded as me) in order to communicate as equals which i feel is what this group wants too.

i'm interested to see what now unfolds!!

x

(30th August 2023, post)

hi, i think {the video is} for all of us as we all have guides waiting for us to be ready to seek their help/guidance/friendship.

glad you liked the video,rachel is an absolute gem x

5. An Angel To My Right, A Tiger To My Left!

(23rd August 2022, email)

hi

for a few months now, i have felt someone very familiar to me- a large solid/powerful but chilled-out tiger on my left (like jasmin's raja in aladdin). i also feel lots of playful tiger cubs around us (climbing on us!!).

....

I have also become aware that i am never alone- have someone to the right of me and behind me (who have always been there, but i had not noticed! plus others too).

I am loved and i am looked after.....and they know my heart's desires, so i have just surrendered to the divine plan.... though, yes.... physical would be good!

(26th May 2023, post)

*hi, i have a guide (an angel) to my right side, who sometimes stands behind me with her hands on my shoulders.
but she has a lovely presence ...*

(26th May 2023, post)

yes, we are all being lovingly guided... it's breathtaking each time when you realise this x

6. Some Wise Words...Taking Self-Responsibility (Ownership).

"People try to put you back into the little small boxes that they feel comfortable with you in. You're being told: don't degrade yourself. Don't doubt what you know. Don't have your angels working overtime for no reason."

Rachel Photon (13th September 2023)

7.Dreams

i. Memories and Experiences

(23rd September 2022, email)

i had a dream. i was on a tourist-like tour and we came up to this friendly centaur and he began to explain that the thing/place behind him was sacred and important.....i rudely sped past him to have a look (while he was still talking).

the place: you climbed under a rock into a huge enclosed opening. this opening felt like it was underwater but i was breathing and being held in this "water".

the water was sparkly and in layers/bands of vibrant colour....like being in a rainbow. i have never felt so much love and began sobbing (both in my dream and

physically in a waking state). and then a turtle swam majestically by me....leaving a wake of sparkles....i woke up still sobbing.

later that day, feeling bad about my rudeness, in my mind i went back to the centaur (and he was smiling waiting/expecting me) and i apologised....and he said no problem.

...

(24th September 2022, email)

hi

dream1

regarding the enclosed opening mentioned in my previous email- it wasn't fully enclosed but the section above/at the top, i could see the surface (like being underwater looking up). The light coming from above the surface was white.

dream2

not sure if this was a past life, but i was following a 10-year old boy (me being a girl of the same or of a slightly younger age) and we were from a village (simply dressed and barefoot). Climbing up the side of a mountain and he was excited (i think, wanting to impress me!! bless him!) and telling me that he was going to show me the big secret...the meaning to everything.

we came up to a seemingly dead endwith heavy vegetation in front of us, but he pulled back a curtain of vegetation to reveal an ancient wall of carvings (aztec/mayan/other?)....then my 3d spoilt-teenager-self! bounds in and says "how am i supposed to know the meaning of this!!!"...i wake up.

this 3d self of mine is annoying and so rude! (but i think i am just a little impatient wanting this all to come to a happy end...)

anyway, just thought you might like to know....assuming you get lots of "esoteric" emails and so, able to piece these pieces of the puzzle together...or is it just me!!! oh, dear!

have a lovely weekend x

ii. Very Busy

(2nd March 2023, post)

wow, i very rarely remember dreams!! just a lot of the tail-ends- mainly travelling (and either missing my "train" or travelling to/from somewhere....never the actual activity at the visited location!!

if we happen to bump into each other in dream space, "hello!!" x

(7th June 2023, post)

hey everyone, hope you're all very well.

....

erm, in terms of battling in the astral at night, i don't think i have been.

i have been sleeping really well recently, particularly, last night.

but i am realising that when i wake up rested and relaxed, i have been busy at night (somehow, induced into deep sleep and awoken with no memory but fresh as a daisy!)

but have also noticed, on occasion, i get pulled out of sleep in order to witness things.

....

i was attacked on thursday- a being tried to take over my body (i was pulled out of a heavy sleep in order to see this being appear just before entering my body.... my body went into spasm as he tried to take over, but i pushed him out).

a couple of other beings tried to do the same but, as soon as i saw them, i asked: "who are you?" i.e. i do not consent and they disappeared...i realised, by accepting the first being's presence (by seeing him in my space), i had consented to the reason for him being in my space by my silence.

.....

iii. Spaceships

hi., i love the fact that we can talk about anything here.

i can remember two occasions, but only the process of being returned.

the first: i heard- "oh she's waking up", and i see two beings at a window (i seem to be in a pod, just about to be released down back into my body sleeping in my bed at home).

i wave and they wave back but then there's a very loud noise as i am transported back down into my body.

the second: again, about to be released back down and i hear: "quickly, we have a window now" and i am transported down (again, a very loud "whooshing" sound") and as i feel myself entering my body, there's a huge gust of wind....the weather was very stormy that night (gale force winds).

i think we are allowed tidbits of memory to leave us with a sense of connection/familiarity with what would otherwise be completely out of our expectation/normal experiences.

it's funny, i have also felt different (do not belong) but my thoughts never took me to the possibility that my home is not this planet.... i think perhaps this grounded me here (as i had no concept of being from elsewhere). X

(10th December 2022, post)

as we're sharing whack-a-doodle experiences...

i remember lying on a bed (i had a knowing i was in a spaceship!!) and someone was operating on me.

i then floated out of my physical body to have a look at what he was doing (genuinely curious!!!).

the surgeon looked at me surprised, smiled and carried on...i helped him ,i think (passing instruments to him as he explained what he was doing!!!!)

this happened during dreamtime.... i have no idea as to what was operated on but i was "allowed" to remember this experience....it was light and comical in a way!!

x

(11th December 2022, post)

hi, i should clarify- it wasn't a spaceship.

i somehow have a knowing that some stars are doorways or portals i.e. you walk into them and are in a room (or place or other dimension).

these "stars" move giving the impression of being a vehicle.

the best analogy i can think of are the doors in "monsters, inc" (the disney cartoon)...each door leading to a specific place, though the doors are moved around.

so, we are being told the truth....but we have to work it out. sometimes putting 2 and 2 together to get 4, and other times getting 22!! x

One Big Family

2.4

One Big Family- Gaia, the Elements, Elementals and Everything

2.4 One Big Family- Gaia, the Elements, Elementals and Everything

1. Our Close Connection to Gaia and The Elements

i. Gaia

(21st August 2023, post)

....

regarding gaia/mother nature/mother earth, i have always assumed they were the same!!

whenever i have seen her, she is this beautiful and radiant long-haired divine feminine being (woman) formed in vegetation or in human form (effortlessly moving between the two).

....

(11th October 2022, email)

*.....this is how i saw mother nature when i was doing the filtering back in january.....
(i thought i had projected my moana-image of her in order to see her!! but nice to know it was actually her!).*



(31st July 2023, post)

hi, yesterday evening the thought came to mind that mother nature and babaji are twin flames.

when i asked: "really?", i felt an aetheric smile (a yes).

i asked holly (noting that this was perhaps cosmic gossip and so, not really appropriate use of her time/talents(!)) and she almost immediately replied back saying that she got a "yes" (and that all questions are fine....i love holly!!).

i have had interactions with both mother nature and babaji and have found them both to be beautiful, beautiful souls but always wondered if they ever felt lonely (as they seemed to have chosen a very lonely path)....

but i realise now that they have always been together; closely working and sharing their lives together.

makes my heart sing joyfully x

(...mahavatar babaji has maintained (or stabilised) the earth's vibration over centuries (so we didn't fall to too low a level) to enable this moment of ascension for humanity.

he lives in the himalayas) x

(30th March 2023, post)

hi, following our discussion about spaceships yesterday, i have felt a little wobbly.

wobbly in terms of the fact that i have felt pulled away from what i am supposed to be doing.

i feel a deep connection with nature (with mother nature) and with every being here in this realm.

and just now, i felt a deep, deep love for earth and life (humanity, etc).

so for me, my journey will be to continue to go within; to become one with sophia- an authentic expression of the unique being i have come here to be.

perhaps spaceships will be part of my life at some point but for now, my waking feet and being are happily grounded here on gaia and i am happy to let things unfold naturally.

just thought i'd post this as i am aware i caused a little confusion yesterday x

ii. Water

A message from the water as channeled by Holly:-

(27th August 2023)

Good morning/evening my soul family. I love water which is our "life's blood" also is related to our emotions and being in the womb. Here's a channeled message from the "Waters" here in our nature. "Do you ever wonder why you feel the way you do when you are near or within our watery essence? If it is because you have come home, we are your family, you carry our essence within you, as there are some

components within us that connect with you and what you're made out of, this is by divine design. We the waters are always joyous when you come home, that is why you feel the way you do when you're near us or within us. You feel our joy, and it manifests as giggles and smiles, that's often apparent on your faces. I we are also here to comfort you, when you are sad and lonely or in distress, we would feel this emotion within you and naturally seek to cradle you, to comfort you, to wash away your distress if you allow us to. We the waters invite you to communicate at a deeper level with us at your next opportunity, we are your family and we miss you, as we are sure there's a part of you that misses us too! Blessings to you on this day, we are the waters, soothing the way within your life's journey"

*(27th August 2023, post)
i love this...thank you holly.*

we are all one big family; gaia, the conscious elements (mother nature, water, air and fire) and humans and animals.....all connected because we are made from the same things.

this was lovely to read...thank you holly x

2. Gaia, Once A Beautiful Cosmic Hub

Holly asked us what we saw when we looked at this picture....



(25th May 2023, post)

hi holly, i tried as you suggested and my heart opened-up and there was a strong movement forward like a highway opened up (a strong energetic flow).

i pulled back (closed my heart), but it felt like the earth is a cosmic hub, connected to other parts of the cosmos.

the earth being a much loved place by all but has been closed-off from them.

erm, not sure if that makes sense???

3., Reconnecting

i. Chatty and Friendly

(3rd October 2023, post)

....

by simply becoming aware that my body has a voice, a new world has opened up....this new awareness is my consent to being part of it... "it" being nature.

nature is very friendly and helpful...

(24th May 2022, email)

Hello Joanne

I just wanted to say thank you.

I loved yesterday's video- how you made friends with your gnome neighbours.

After watching the video, i realised i have been talking "at" things/imposing myself on plants, trees, etc

....today, i listened and some roses i had clumsily wrapped around a tree told me they prefer their heads not to be dangled (but facing up so they can grow).

While i was doing this adjustment, I realised that each plant likes to grow in a specific way (individual characters like ourselves) and that our job (as physical movers with hands and intelligence/ability) is to help them express their fullness of character....like bees inadvertently helping flowers and fruit trees, but with us we can help consciously.

so, thank you joanne x

(11th September 2022, email)

...

i was sitting on the patio step yesterday, having a morning coffee.

I said: "{my sister is} here....do you remember her?" ... , and i felt a "yes, of course".

I looked at a new rose bush and asked "you too???""oh, we are all connected (to a central memory), so yes, we do"

isn't that cool!

.....

(10th November 2022, post)

erm, i know i'm going to sound weird here, but i often smile (and say hi in my mind) to trees, birds and clouds.... as well as smile to random strangers in passing (a recognition that i have seen them), only making eye contact when it happens naturally (mutually) x

(21st November 2022, post)

...

Anyway, being a vegan (i tend to eat lots of natural food, not processed/ready meals, etc) i find i am closer to nature. the plants (nature) feed or nourish me and so i feel a deep love for nature... without them, i would not be able to sustain myself. i often find myself saying thank you before eating.

this is just my experience x

p.s. having said that, i popped into see a neighbour a few years ago and he gave me a milky dessert....i ate it as he is lovely and his intentions were good (he went out of his way to make it for me as i was chatting to his wife!!!)....so, i'm not strict in my veganness!

(13th March 2023, post)

hi...a few days ago, i looked out of the back bedroom window just to say a quick hi to the trees in the garden, and i kept seeing birds flying past the window (single or in groups) within a few feet of me (in front of the window) over the space of 2-3 minutes.

they were all white- doves and seagulls.

i have come to realise that the invisible (higher self, guides, source, others) like to say "hi" or "everything is ok" so i just took this to mean "we're here....hi".

i have been seeing ravens over the past few days too, and they appear/fly down purposefully but then i send them love (give them a warm embrace) and they completely mellow out...and turn around and go about their day!!!

erm, not sure if this is of any help.

i am sure there are certain meanings to these occurrences, but i find it's best not to be so rigid in defining a situation.

whatever meaning feels right, is the right meaning...for me anyway!!

there may be no meaning, simply a beautiful bird choosing to fly past (a beautifully simple moment shared) x

(24th March 2023, post)

i love the ever changing majesty of the sky (skies?).

... x

(3rd April 2023, post)

psithurism...i've learnt a new word. thank you

i love the sound of a soft breeze through a tree x

(18th May 2023, post)

.....do you find the energy of wild flowers (weeds) to be really joyful and happy, like a real zest for life...like the partiers of the plant world?? whereas other plants like roses and daffodils are more "serious" maybe serious is not the right word.... formal/structured (but nevertheless glorious and beautiful), maybe?x

(22nd May 2023, post)

hi,,, the whole of last year (and the end of the year before) i would talk at things....i would feel energy between us and this just prompted me to chat away (in my head)!!...very much a one-way conversation!

it's only in recent months that i've gotten better.

...

i have also found when talking to trees that if i relax (not be too "hema") and allow myself to feel the energy of the tree, then that seems to become a link/channel of communication.

erm, hope this helps.....

(8th August 2023, post)

hi, some things happened this morning.

one after the other, dragon-like beings would attack me but each time, i would say: "no, would you like to go to the light?" and they would go to the portal of light i had created.

but then, other dragon-like beings would come and this time they would refuse the light and would proceed to attack me but i would say: "no, this is not happening" and would "stop" the scene (freeze frame or pause like watching tv) and the beings' eyes would just look at me (surprised) as i would be the only one able to move.

i would then say: "would you like to go to the light?" and they did (via a portal created by archangel sachie).

a couple of attempts at kidnapping me took place but, again, i freeze framed the scene and took control.

(the above shows us that we do have the power to control our reality... this happened naturally.....a natural response on my part).

another dragon-like being was about to attack (very fearsome looking) but he collapsed in exhaustion as he approached me...tired of being of the dark.

with help from archangel sachiël, he was taken to the light having released the darkness he had been carrying.

this being had been infected with a lot of dark (ai/spiders/goo, etc) which had infected my hand (as i had touched him to try to energise him).... so my hand/arm fell off and grew back but it was still not quite right so, archangel sachiël told me to take a step back which i did.

taking a step back took me back to this 3d realm and my arm was fully as it should be.

for the first time, i could see the veil; it's a living/pulsating "curtain" ...cloudy but see-through-like in appearance.

.... and then lots of elementals appeared; glowing, smiling and waving at me.

i was here in the 3d but was able to see the other side.

it was akin to being in an aquarium....two worlds, separated.

i felt love and excitement from them that we are almost at a point where we can live together again but they know we are not quite ready.

i did feel that i could create and be within a bubble (a combination of both worlds); to allow them to be with us within my bubble, so the veil would not be such a solid/unified boarder....i shall see how this plays out.

holly has already perfected this!!

just thought this was interesting.....thought you'd like to know my experience x

When I made the decision to bring together this body of writing and make it public, I felt drained of energy for two weeks after.

It was only through my friends in my garden that I realised two "spiders" had attached to me and were draining my energy.

(18th August 2023, post)

.....

1. attacks

what struck me was that as soon as i saw the spiders (became aware of them) i released them easily.

it seems the darkness's hold over us (its "ace" card) is our ignorance of them and their ways.

.....

erm, going back to the spiders attached to my face(!), i went into the garden and immediately felt a gasp, an "oh!!" i.e. something was wrong with me.

so, i think we can hold multiple frequencies... i.e. i was holding the lower vibration (in my body) but my spiritual body (?) was on a higher vibration which allowed me to pick up on what the trees/plants, etc were saying to me..... this holding different vibrations is just a thought as i do remember feeling a split in "my being" x

ii. Wanting to Hug a Friend ("Sargeant Major", My Protector)

(11th September 2022, email)

....

From the age of 11, i always had in my head the idea that: "i need to go home, it's safe there!"

At one point, last year, i realised that the trees had been protecting me all this time. Specifically, i was walking home and as i neared my road, i felt something lasso me and draw me in. As soon as i was "within the boundary" the lasso was released. I remember thinking: "who did that?!", and looked back and noticed (for the first time) a huge tree...i always knew it was there but never paid attention to it.

This tree has a huge/solid/thick trunk and a very confident canopy! He's like the sergeant major of the local trees!

Recently, one of his smaller branches had half snapped off (dangling to the ground).

I thought, i'll heal him if he wants me to, so i merged my energy with his but i felt one very strong human arm reach out to me and draw me into a warm hug, and he said he was ok: "i'm fine".

Up until this point, i have always talked "at" trees and plants (you may have noticed this tendency in my emails to you!!)....revelation: oh, i need to merge my energy in order to talk with trees and plants rather than talking at them!.

It's funny because i named one of the trees in the garden, Claud...and i asked him the other day: "that's not your name, is it?" i felt him smile!

I have a soft spot for a nobbly plum tree (just beyond our fence). Alfonso plum tree. He has been trying to say hello to me since i was a very small child. I finally heard him last year.

(10th March 2023, post)

.... i love trees.

there's a tree here and i'd love to hug him (just sink into him) but alas he is on a main road and it would make for an odd sight!!

i have seriously thought about going for an early morning "jog" just to hug him!!

i just say hi each time i see him (we embrace energetically!!) x

(10th March 2023, post)

i have done all the pretending-to-not-hug-a-tree moves..... just got back from an impromptu walk (it's dark and cold but stars are out!), and i gave him a hug, well one hand on him for a few minutes.... i think i am working my way up to a full blown public monster hug!!

it was nice, and i really don't think anyone noticed.... or maybe they were all giving me a wide berth (and i hadn't noticed!)!!!

x

*(11th March 2023, post)
actually i should explain.*

while i live in a built-up area, i am surrounded by trees.

i live at the end of a small cul-de-sac, and in 2021, i realised that the road was set in the middle of a square of predominantly large trees and that these trees had been protecting me (they explained to me!!).

over the past year or so, four of the trees on the "front line" (the line of trees at the beginning of the road, on the main road) have fallen.

*yesterday, another tree- a really beautifully elegant small tree, fell.
it had been windy the night before last.*

i went to say thank you to the tree (in my impromptu walk last night) and felt my friend was upset as the fallen tree was the one next to him.

*but yesterday, while there, it felt like a new beginning...these trees were now moving on.
their work here done.*

*anyway, just to give you some context of the actions of a seemingly weird tree-hugging weirdo!!
hehehe*

....

iii. Healing Energy

(11th September 2022, email)

garden

i live in a house located on one corner of a cul-de-dac, meaning: we have a big garden (for the UK!)...my mum loves to garden.

A brook runs along the back of the garden (about 3-4meters beyond our fence). This brook is lined either side by very large trees.

The cul-de-sac is surrounded (on all four sides) by trees- mostly large but some medium sized, as the land was once a sprawling orchard. It's now very built-up!!

i was a tomboy as a child; always playing outside, riding my bike, climbing up a tree or running after a ball....so, the garden was heaven for me.

In April of 2020, i lost my dad- the sadness was overwhelming.

I spent a lot of time in the garden, just sitting. Hearing the trees sway in the breeze and just watching birds fly...but i did notice that the garden never looked so beautiful as the days of spring became days of summer. The trees and plants were quietly radiating love.

(11th November 2022, post)

hi, this poem is called "breathe" by becky hemsley (book: talking to the wild)... i cried what i first heard it...i also cried when i learned what an empath was a couple of years ago!!! thanks for sharing mary x

Breathe by Becky Hemsley

...

*And she stopped...and she heard what the trees said to her,
And she sat there for hours not wanting to leave,
For the forest said nothing, it just let her breathe`*

(29th December 2022, post)

hi everyone....changing the subject somewhat, completely!!

*today, out of the blue, i suddenly felt the urge to send out love.
so, for a few minutes, i "expanded out"....my love spreading out in all directions.*

this love being optional to be absorbed or not, but there was a quick "up-take"- a rapid riding along the aether.

the love permeating everything that wanted to receive it (people, animals, plants, buildings, clouds, air, cars, clothes!!)....everything was love and light and cushioned in love and light.

it felt lovely.

everything felt lighter and lifted (even the things not wanting to absorb the love).

it was a few minutes after, i realised i had simply facilitated (enabled? bridged? energised?) the love and light already everywhere.

just thought you might like to do the same when it feels natural to do so.... we perhaps ascend to 4d positive by "lifting" everything around us (creating 4d+) x

(18th April 2023, post)

what you said about sending love....i felt the urge to send love (just randomly a few months ago) and so i just let it flow out of me, and it felt joyful...to be received by whoever and whatever wanted it.

a few minutes later, i went down to the kitchen and looked out of the window and felt all the trees and flowers say thank you....love's always lovingly received by nature x

(23rd February 2023, post)

yes, i'm finding nature is extremely beautiful in its simplicity.... we literally have the power within us to heal and create but also, we are (un)consciously connected to everything which makes us magically potent beings of love and light x

(23rd February 2023, post)

*hi, when you say energy, do you mean something like the following:-
i find when i'm on my yoga mat, everything is very structured, but i feel that i should be allowing my body to express itself...to let it work out the trapped energies and to let it work muscles/tendons that need attention.*

*i think this would involve connecting my energy to that of mother nature's.
so it's a natural dance of healing and connection.*

the energy-side seems really important but overlooked.

....

(26th April 2023, post)

hi, i was in the garden with milo (my furry nephew) about 30mins ago.

*he was running around, playing and exploring as he normally does but then he laid down on the lawn (full body with his front legs in front of him and his chin, neck and belly flat on the grass)....he didn't want to move.
he was grounding or being "cuddled" by mother earth.*

i joined in by laying my palms down on the grass (i would have laid down flat, but didn't want to look silly...nosey neighbour...she's lovely but nosey!).

it felt wonderful.

we are told to ground via our feet/soles but my heart felt like it was connecting with gaia (through my palms)it felt so good.

if you get a chance to, pls try it out.... it's like grounding but feels like a conversation too x

p.s. sorry if you already know this but it was a really lovely discovery for me

(27th April 2023, post)

...that's amazingbut then, i'm feeling: "of course mother nature would heal you!"...it's magical but should be our normal, if that makes (any!!) sense.

it's funny, the lawn (grass) has been calling me for a few days now and i just thought i needed to mow it.....erm, i need to refine my communications skills!

p.s. i love the gardening chat here.... hope your rather plump bird friends keep you company as you garden x

(7th September 2023, post)

hi, i tend to sit in the garden when i feel offit's a nice re-calibration tool for me.

erm, gaia seems very chatty lately!! or are we all simply more in tune with her?

she's the very best mothering homely host....we are all very lucky!! x

iv. Our Shared Home

(22nd May 2023, post)

hi, i'm slowly making my way through "the sophia code".

just started the isis chapter.

it's interesting that we all seem to have a oneness when gardening i.e. it's our world/home not my garden and my way.

isis created a prosperous society by regularly consulting gaia (mother nature/earth)....by doing so, every living being prospered.

erm, i had a lovely interaction with gaia the other day.

she loves being the home for all of us and knows everyone.... she knows when a leaf falls from a tree.

*so, of course, the new earth must include gaia and all who share her grace and love
x*

(22nd May 2023, post)

hi, a few days ago you mentioned feeling bad about disturbing the worms in your garden.

i had a similar experience too but i was doing some weeding.

my mum is the gardener but she hurt her arm and so asked if i could do some work around the garden.

as i was pulling up the weeds, i felt so awful as i was also disturbing the ants and other insects in and around the area i was "cleaning up".

there's a section of the garden (the far corner) that is not so maintained/manicured but it's very pretty with wild flowers and the energy is lovely.

i love sitting in that part of the garden as the trees (lining the back of the garden) are so close and the sounds of the leaves in the breeze and the birds make that part of the garden magical.

i love reading everyone's gardening and oatmeal (cookie!!) posts, oh, and the adventures of our very own iron man! X

v. A Teacher

(28th February 2023, post)

.....

i love this.

i know that sounds weird!!

but if you see everything as energy.....and one of nature's rules is balance or equilibrium, then the interaction between you and your handyman was just finding that equilibrium point- the exchange of energy.

before, you would have let your mind determine the balance point- give the benefit of the doubt to him or avoid conflict, etc.

allowing your mind to artificially determine the balance point means that any excess energy would be held in your body (perhaps in the form of a ball of anger that you did not express yourself authentically).

but in this situation, you were allowing nature/your heart to determine the balance point.

the handyman had no option but to match your method of balance i.e. he tried to force you into your mind but you held your ground.

am so happy for you....hope you feel more solid/lighter/empowered in yourself as a result x

(5th August 2023, post)

...i love this one.

it describes a knowing (deep within my core) i have not been able to pinpoint and articulate, and is the reason why i have always felt the-odd-one-out or something-is-very-wrong-with-the-world.

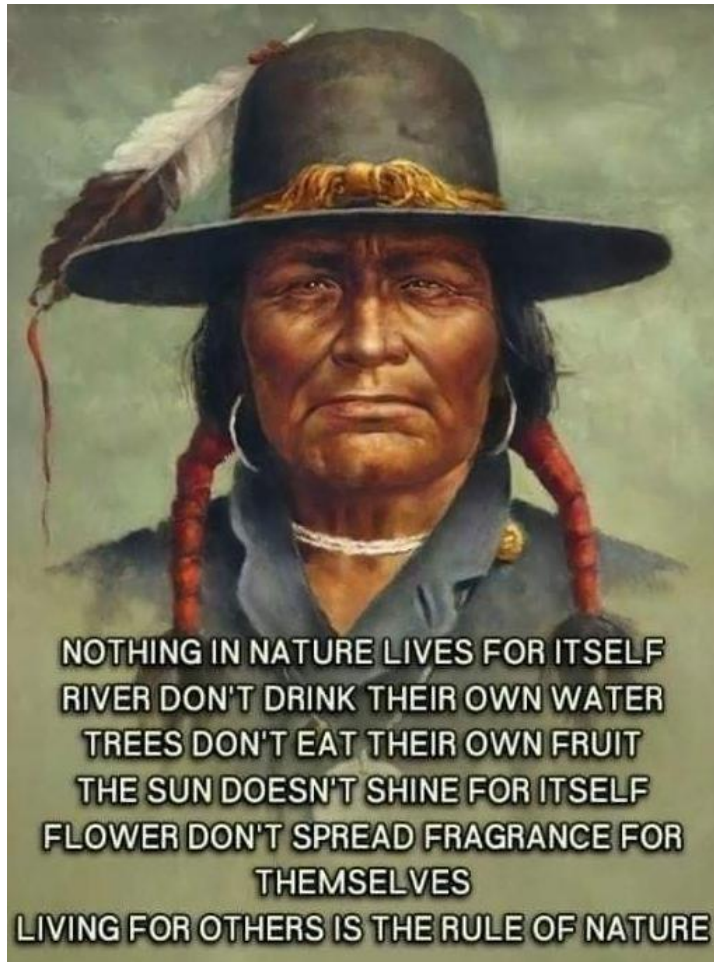
i am finding (with awareness) that serving others is actually enriching and empowering... because we are one; a tapestry of inter-connected oneness.

before, i just felt a natural want to help but felt very much like a very-well-used-doormat(!!) as a consequence but despite this, i would always choose to help.

awareness is the key that changes everything.

awareness is empowering.

thank you.... x



(22nd April 2023, post)

erm, not sure if this makes sense, but sitting in the garden yesterday, i heard: "we'll raise you, and we'll teach you."

so rather than take the route to christ consciousness via acim or "the universal one", i think i'll just open my heart to nature, my guides and my incarnations and allow them to be my teacher.....to go within and be one with nature (well, as much as i can).

erm, all my shadow work has been to do with experiences, people and the mind/ego in this matrix.... i think i am letting go of this frame of reference i.e. having my being rooted in the seen (the things and people on this side of the veil).

this is new to me, but hope this makes some sense x

vi. Elementals

(31st August 2022, email)

.... an old lady who lived in the home i live in now (before my mum and dad moved in 50years ago). There is something- a portal- at the bottom of the garden, and as little children, we would find large precious stones (beautiful crystals) there. From a young age, i felt called to a local graveyard, but always shunned it as felt really uncomfortable with death, graveyards, etc.

Anyway, last year (having watched jc kay's video about her tree, brenda) i felt like going for a walk and said: "i'd like to see some beautiful trees".....i went with the flow and ended up in a park (i was already familiar with but never had reason to go as there are other parks) Anyway, it was really magical. Huge friendly trees and elementals....i noticed how the branches of this fern tree sloped down and thought i'd go under....i entered into a cavern-like space (under the tree's canopy) but immediately felt elementals there....i think they were gathered for lunch (as i felt there were tables of food). I apologised and slowly walked across to make my exit...i think i walked through a table!!! (i returned a few days later and left a few crystals as a "sorry". As i left this tree, i was about to go under another fern and i heard a loud "NO!!!".

Anyway, this small park was the gardens of the local (small) manor house and backed onto the oldest local church and the small graveyard (i had not realised this).

I thought i'd just walk through the graveyard ("what can happen?!"). Halfway along the pathway, i felt something jump on me (like i was giving it a piggy-back ride)....i walked much faster out of the graveyard and across the road. It was still on me so i created a bubble of light around me and it left...i think it left because i was a few meters away from the graveyard and it was somehow unable to go beyond a certain distance.

Panic over, i realised the "thing" had been excited energy....happy and positive, light and expansive.... it was this old woman who had lived at home.

After the "filtering" thingie in january, i felt she gave me a "high-five, welldone"

you seem to welcome this type of energy but i'm still a little apprehensive but perhaps this will change. She is a very mumsy-spiritual-lovingly warm type of energy

thanks x

p.s. sorry, i am actually very shy and quiet but in these emails to you i come across as a chatty 12-year old!!!

4. Making Cosmic History: Ascending At The Same Time, For The First Time Ever.

For the first time (in this universe or ever, I'm not sure), a planet will ascend with the beings living on it.

Previously, there would be a re-set (a destruction of the planet and the life hosted upon it.) in order to birth a new planet and a new cycle of life (era).

So it is a huge privilege to be here with you at this time.

Our part, if we so choose, is to liberate ourselves (freeing our minds so as to allow our light to shine from within) as pointed out to us in these songs:-

free your mind:

<https://www.youtube.com/watch?v=RFuCQQyOgd4>

let the sunshine in:

<https://www.youtube.com/watch?v=vbCH5lnZ6sA>

We are always told the truth in one form or another. We simply need to be aware of this and be able to see the truth of things and this is why the heart is so important...it is truth.

One Big Family

2.5
Gaia And The Elements:
Some Of My Experiences
(In The Quantum)

2.5 Gaia And The Elements: Some Of My Experiences (In The Quantum)

The following are some of my experiences.

I am just one of many, many people who have had the privilege to help.

1. Filtering (Transmutation of Consciousness)

(9th September 2022, email)

hi

....

ok, so ...i mentioned that i was effectively used as a filter to transmute energy for the collective in january.

i felt something was going to happen, as i felt i needed to keep the coming weekend clear.

all of a sudden, as i was sitting in my room, I felt two little angels (carrying a bundle) approach me and fly through me i.e. the bundle passed through my heart. The bundle turned into sparkly sparkles behind me.

i realised- oh, ok....and asked to stop for a second. I put on some music (sunny by boney m, on repeat!!) and in my mind, i said: "ok, i'm ready"

and, pairs of angels with bundles lined up in front of me ready to fly through me... (it was like a big party....light hearted, over 3-4 sessions over 2 days. Other things happened too in those sessions)

early on (at the beginning), a very dark energy hovered around (very angry at what i was doing) but i had put up a wall of protection (and am sure, this protection was bolstered-up by others).

as i was doing the filtering (just very playfully, again as i had no idea what i was doing, just following my instincts/intuition to, for example, clear the debris of the bundles accumulated behind me in between the angel fly-bys) an entity/being approached me (of the dark).

i stopped what i was doing and looked at him

i looked at this entity and thought "oh, he wants to come to the light...he's brave!"

seeing this entity, the dark energy which was hovering above came down to stand next to me. This entity became scared

While he was making his decision (light or dark), i realised that the dark energy next to me was waiting for this entity to make a decision....he obeyed freewill i.e. he could not hurt me because i was the light, and he could not influence the entity in front of us (unless the entity allowed it).

This entity took a few seconds, but decided to join the light. As soon as the decision was made, angels came and took him away. The dark energy flew away to his hovering position. I continued with what i was doing.

My feeling was that the entity was lucifer (a fallen angel wanting to return to the light).

The dark hovering energy was satan. (he felt like an errant son who was loved dearly by the divine but he did not know this or want to know this).

My point: i may be wrong as to who these entities were, but the point i wanted to make was that if we stand in our light, we are untouchable.

*death of the ego...to get to the light we will need to let go of the ego.
in my experience, when everything crumbled, i surrendered ...i somehow knew that it was ok to let go ...to be talked about, to have nothing....it's horrible but actually, it's the best thing to happen as it's the crumbling of the controller's control over youas the ego was constructed within the controller's matrix of control. It's the controller's version of you.*

i hope this helps x

(10th September 2022, email)

hi

debris

i mentioned cleaning up debris (between angel fly-bys).

it wasn't debris, just balls that had accumulated behind me (like a soft-play ball pit).

(when the bundles would pass through me, they would turn into sparkles that would disappear. Denser energies ended up as balls behind me.

noticing these balls, i said to the angels, "hold on, let me go down there to clear them up"

all this involved was me swathing through and rubbing these balls....the friction turning them into sparkles.

animals started to emerge from the balls...and just my recognition that they were there was enough and they became light.

there was a crocodile, i looked at him and he remained. i then remembered watching something on tv about a juvenile prison. a member of staff saying that many of the young lads there had not had any love or structure and that he often had to teach the boys how to brush their teeth and other simple things. I thought this crocodile must represent this...so i tickled him under the chin and began to give him a manicure (some loving care)....only two nails and he said he was fine now but still remained. He was looking at the light (the animals had gone into)....a few seconds later, a little bird flew from this light onto the crocodile's head...he was waiting for forgiveness...the abused and the abuser(/abused) both drawn to each other for whatever reasons...they both entered the light together.

the entity that had chosen the light had not merged with this light but had been taken away by angels....hence me thinking he must need more complex help

dragons

during these sessions, i would often need to stop.

dragons would come and i would just relax and let them munch away at me.....to eat away at the negative energy i had absorbed...it feels really nice during and refreshing after.

.....

After you mentioned that you had had a healing with mary moon (and a video), i booked a session with her in april....my first ever healing....my higher self instructed mary to replace my heart. Mary did so explaining to me after that my old heart was black and all shrivelled up and she replaced it with a big pink heart.....forever thankful to her....had not realised the filtering had done that to my heart.

anyway, have a lovely weekend x

...not making this up, promise!!!

(13th October 2022, email)

hi again!

mother nature

i mentioned mother nature just in passing in a recent email... but then you mentioned her in the latest sophia video, so i think then that that's my cue to elaborate!

in hindsight, i should have written everything down as and when it happened, but i never thought i'd ever be in a position to talk about it to anyone, so just got on with daily life... but as i remember:-

after the filtering/transmuting had been completed, there was a palpable feeling of happiness and celebration.....i think this party vibe was helped by me playing cheesy pop music in the background throughout! (i'm not cool at all, but the following is a little embarrassing all the same....)

so i instigated a party.....but with no-one to party with, i partied in the quantum by myself....but the trees (around me here) joined me so arm-in-branch we were singing and dancing together. just sending really lovely energy into gaia and the aether...

someone approached us...mother nature. just as she appears as te fiti in moana, but her form would effortlessly change between vegetation and human/clothed. she had reduced her size to mirror mine (size seems very fluid in the quantum!).

realising who she was, i said "let's have a party to say thank you" (as we have treated her so badly)....she just looked at me, and humoured me by going along with my idea!! i lead her to the middle and people turned up.....lots of people who have fought in this struggle...martin luther king and bob marley were there! i know this sounds odd/unbelievable....but it happened!

anyway, the party lasted a minute or two ... i was on such a high that i continued to sing when i was back in 3d.

(again, from what i remember):

in the next session (the next day, the last day), mother nature said, "let me show you something" and she took me to a ledge (high up) overlooking something very bright below. as we sat down, she said "now, this is a party!" and pointed to the brightness below.

*i looked down and the brightness was like a dancefloor, just so bright and brimming with vibrancy...it was stunningly beautiful.
i had a knowing that this was our consciousness. "you can go down if you like"..so i went down.*

i landed in the middle of the "dancefloor" and in amongst it, i could see that there were lots of light beings dancing! as i was looking around me, someone looked at me and said: "oh, no....you don't belong here....you should be over there" and could feel myself being moved to the other end of the dance floor, and gently placed in a sitting position looking outwards.

i looked down and i could see mother nature in a curled-up sleeping position (quite a far distance down). i could feel something was about to happen so i went down to sit beside a much smaller figure who was sat in front of her (and facing her) waiting and watching calmly.

this person was babaji....i had read "autobiography of a yogi" 2-3 years earlier, and had been touched by his gentleness towards humanity...so, i sat next to him and he smiled. i wondered whether the others from the book would appear and then lahiri mahasaya sat next to me followed by sri yuktswar who gave me a hearty thumbs up!

lots of others came to watch too (from near and from very, very far!).....mother nature then woke up and stood up and took the dancefloor above her and put it in her heart. she then lay back down to sleep.

everyone then left, leaving just babaji and me....i wanted to see to the end.

mother nature then woke up, and was sparkly....she had fully integrated our new consciousness (i think!)

this is all i remember of my experience with mother nature....i hope our paths will cross again, if not, it was lovely to have met her x

(13th October 2022, email)

...

you may remember me mentioning that i would absorb the negative energy during the filtering and so, would regularly have to be cleansed by dragons.

on the last occasion of requiring a "cleanse", i was invited to observe the process by someone sitting on a chair (throne-like).. so i sat on the floor beside him. this someone was overseeing the whole filtering thing, making sure everything was ok. (i had not been aware of him until that moment).

so we both watched as my light body was cleansed.

it was different this time. rather than dragons, my light body shed layers (like peeling a banana)..a few layers were shed

(11th January 2023, email)

....

erm, not sure if you remember me mentioning that i was invited to sit on the floor beside a man sitting on a chair.

well, if this was zeus...he was more of the "overseer" of this universe and not god (god being source). he is the most powerful being in this universe but is more of a loving dad...gentle, wise and powerful.

just my feeling of him x

(erm, does this email strike you as surreal?? blimey....it is real but sounds looney when taking a step back and reading!!)

(3rd April 2023, email)

...

he felt like the most powerful being in the universe but i had an immediate understanding that he was not god.

he was a being tasked with managing things- ensuring that things went according to plan.

sophia feels like god...our home.

i think it's important for me to mention this because we all have the same potential as this powerful being.

he simply has had more experience that has enabled him to become this balanced powerful being trusted by source.

this is my understanding x

2. Whirlwind

(31st August 2023, post)

<https://www.youtube.com/watch?v=PVhojrn-h3c>

hello .., i saw this video on my yt feed yesterday but didn't feel a nudge to watch it. i have now watched it ... and i think this may be helpful (or at least, this is my take-away)....

recently holly mentioned that gaia is a spiritual entity and she holds a unique crystal for each of us deep within her.

i believe mother nature (earth), air, water and fire are spiritual beings too but have also taken on a physical form (unlike gaia).

all five are conscious beings.

last week, i asked if there was something i could do to help lahaina (for those living on the land and the land itself).

i found myself on the land, and then i felt myself gently extend downwards and connect to my crystal and, likewise, i felt myself extend upwards and connect to the universe.

i then felt my consciousness swirl like a beautiful whirlwind around me and every being of loving light that wanted to be present connected to my whirlwind.

i saw beings ride these streams of my whirlwind (of consciousness)...for example, there was a lion who i knew had come down from somewhere above (in the universe).

my gentle whirlwind was a bringing together of all who wanted to bring love to lahaina.... we are meant to be all connected like our immune system that sends out "help" to areas that need it but given our low or seemingly fragmented consciousnesses, we act and struggle in isolation.

our consciousness as humans seems incredibly powerful....a glue that connects.

this whirlwind was just a quick glimpse of what is possible and this connectedness (glueyness) is our natural state.

.. x

(31st August 2023, post)

hi, when i said "glueyness" what i meant was that we are all one family; one consciousness whether gaia or elements or living beings.

i felt like we (as humans) are the prodigal son returning home to the family....i felt the presence of my whirlwind sparked a joyfulness (amongst "the family") and a sense of beginningness.

everything has been unbalanced/disjointed by our absence but now we are slowly coming home and, with this, we naturally bring balance to everything x

3. An Activation

(17th February 2023, email)

...

i settled down in order to allow whatever needed to happen to happen (re: the healing that would take place).

i felt two very skinny light beings either side of me. i was led downwards in a gentle spiral (lined with friendly flames).

we came to an open space (lakeside-like setting). a large emerald crystal or spaceship was low in the sky above the water.

i was held firmly (being supported) as the crystal and i connected (via my third eye).

i was being held so that i would not be knocked to the ground by the power of the "beam". but i did not know this, and so "paused the situation" and came out of my body and asked: "what's going on?" (as this was not healing, and seemed odd). i didn't get an answer but it felt ok. so i unpaused and went back into the situation. (i do remember there being a nefarious being there but she disappeared simply because i didn't want her there).

once the connection (or transfer) with the crystal was completed, i found myself moving- it felt like i was covering a large distance but standing-up....it felt like i was on roller-skates but i was not making any physical effort to move.

i came to a place, again with very slender light beings (but different to before). there was a water tank and one of the beings tells me to enter (he is holding a lid which will be placed on top of the tank. "how will i breathe?""there's a mouthpiece....it's fine" the light being shows me the lid with the mouthpiece. again, nothing felt harmful but i did ask my higher self "is this ok?" and i felt heat on my back, so i went in. (my higher self was with me at the green crystal too). it felt amazing!!!! my body felt so energised and loved... i could have happily stayed for a lot longer in the tank but alas, i was taken out!

i was then taken from the water tank to a table. again, i felt i was on roller-skates- so that i could be moved easily around by the light beings but also, i could move of my own accord should i want to. while being transferred, i realised i was in xanadu (only a small part of it) but it did feel very magical.

as i lay on the table, quite the impatient-and-grumpy surgeon approached me. he tried to flip me over....i stopped him!!! again, i paused and asked: "what's going on?" i felt he was really annoyed with me....not nefarious, just very annoyed!! (i think he had had a busy day) so i think i turned myself over and he did some work on my spine (injected something). he flipped me onto my back!!!! (excuse me!!!)... and he had another injection in his hand, and i immediately said "no", but quickly understood what it was for so allowed it.

i was then taken to the person who was to be healed....

erm....this really did happen :o) x

4. A Clearing

(18th February 2023, email)

... i found myself on the island and chose a place to sit (on the grass). i began to send out love...i had placed two portals in front of me (but off the island)- one to the light and one to the dark.

*after a few seconds (maybe minutes) i felt that energy or souls wanted to go to the light but were not.
then beings (many, many) came out of the light portal.....they came out of the portal to find these souls- babies or small children (extremely traumatised) to carry them back to the light.
it was a beautiful rescue mission.*

*this was done, one layer at a time.
once one layer was cleared, i would sink deeper into the ground and the light/love would radiate out to this new layer.*

*you may remember me mentioning a dragon-like animal and a being (a fallen angel)- i thought these beings had gone to the light but felt very dark.
well, they had come out to help find the children.
they were very gentle and loving with the children...potentially playful if the children needed. the dragon-like animal's movements were very tender- he altered his balance/movement so that the children placed on his back were comfortable and secure as he moved.*

*in the last layer, there were three babies (like the lovely little boy a few months ago at the ... community centre).
they were free to go to the light but, now free from the island, were simply happy to play where they were.
there was a nefarious being- he wanted to take them but i asked him to leave.
i held them and i cried....i felt wings wrap around us and we were taken gently upwards.
they were taken into the fiery wall..*

anyway, all the souls that wanted to go to the light had now gone and so i did a sweep or corralling of the dark entities and took them to the dark portal.

*there was a final sweep of light of the island, and as the light beings returned into the portal i caught the eyes of the dragon-like animal and the fallen-angel.... i told them that they could go to the dark portal if they wanted to they stopped and considered it, but then looked at me and i saw pure love (they still had dark in them but this love was beautiful).....this is what the light had seen and i had not before now....that's why they had been accepted into the light.
they both entered into the light portal.*

*so, once everyone had left the island, i did a final sweep of light of the island...then left.
it was now a blank canvas in mother nature's hands x*

5. A Tree Circle

*(11th September 2023, post)
holly, holly, holly!!!*

i've wanted to feel what it is like to be in a tree circle and i found one today, accidentally!!!

it's my nephew's birthday today and so we went for dinner at an old gastro pub this evening.

i have been a handful of times but never explored the grounds....omg, the secret garden is a tree circle!!

it felt like a downward vortex and magical... i thought maybe it was planted but the way the trees have grown (continue to branch out) seems to follow the pattern of a circle of energy.

this was a lovely and unexpected gift in what was already a lovely day x

...there seemed to be 4 "entrances" (north, south, east and west) which i thought was interesting

(12th September 2023, post)

hi, the tree circle was used for nefarious purposes...there were a lot of dark entities in the circle and guarding it.

there is a capstone on the ground at the centre acting as a cap to ensure the pumped-in dark energy remained there distorting/corrupting gaia's energy.

(the pub is a converted small mansion house).

have cleared and the energy is now pure and flowing as it should be.

the circle was/is breathtaking..... returning everything back to the light, so will be interesting to see if there is a change when i go back...an aliveness, perhaps.

there was so much darkness (energy) that came out (once the capstones were removed!!).

interesting, when i introduced myself i automatically said that i am here to serve the divine will and so i am all powerful (my energy was proof of this) and so, everything complied x

(12th September 2023, post)

oh, it's the middle of the night herei was so excited to see my first tree circle i didn't pick up on the energy when i was there.

.... but, job done (eventually!!!)

One Big Family

2.6

A family Of Families

2.6 A family Of Families

I am the only person in my life like me ...I know I am loved dearly but I know I'm the oddball!!!

As light workers/star seeds, etc we have been scattered around the globe in order to "hold the light".

1. Seeing the Light In Others

i. The Jab

(11th September 2022, email)

...

jab thing

when i became aware that the jab was not good, i told my family not to take it (and some did delay it because of me) but there was so much pressure to take it (and the sense of duty to protect others) that now i am the only one not to have had it (including extended family and friends).

i. i don't have an agenda (boundaries) so i am always walking into traps conveniently laid down by others (including spirit!). For example, i ended up taking my mum for her first jab (we had been to my sister's but had spent longer than had planned so on the way back, we were passing the centre at roughly the time she had booked).

As we drove into the car park, it was busy but was very much a community-war-time-spirited effort run by genuinely well meaning volunteers.

as i waited in the car for my mum, i just thought- what have i done?

on the drive back, it hit me and i was almost in tears....i could not look at my mum (because i was trying not to cry).

it's going to be ok....was what i heard when my middle sister decided to have it (mainly due to the fact that my nephew had chosen to go ahead with it).

my thoughts on it now: we are incredibly powerful. nothing can harm us unless we give it that power...sovereign.

ii.

anyway, towards christmas, me and my {elder} sis were talking and it occurred to me that she thought i posed a danger to everyone (because i was not jabbed) but that she had decided not to shut me out in any way because i was her little sister....she loved me.

(18th March 2023, post)

...

i was taken aback by the goodwill, humanity and community spirit of the volunteers who were there.

so much genuine goodness.

*in hindsight, i think i was being shown that it is the spirit of the person that counts.
but, at the time, i felt distraught as we drove home...nauseous that i had let my
mum get the shot x*

(9th February 2023, post)

hi ...

*my family mean much more than the world to me, and initially they didn't get the
jab because i asked them not to: "please hold-off, don't do it".*

but the pressure was so intense that, one by one, they all did (willingly).

*i was so upset but, funnily enough, not with them as they were doing what they
thought was the right thing to do, but i was really angry (i very rarely get angry!)
with those guiding me...i had recently become aware of them.*

*i told them: "whatever this is, i don't want to be a part of it. i don't care if this is a
divine plan....i won't be a part of it."*

and i quickly heard back: "everything is going to be ok"

i then realized that we are infinitely powerful beings.

we can self-heal, if we want to.

*i knew then that everyone is walking their own paths and everything will be ok
because these are our lives lived on our divinely agreed terms.*

*but i do remember being completely heartbroken and devastated before that
realisation x*

(9th December 2022, post)

hi, the "theory" is all well and good but the practice can be painfully hard at times.

i have been in very difficult situations with loved ones too.

*all i could do was to "let go and let god" and to just love them and myself....to allow
and not resist...in non-resistance comes guidance, i find.*

*just as you have designed your life perfectly, so have they....with specific
experiences and lessons.*

i wish you much love x

ii. Love/Light Not Words

(8th December 2022, post)

...

*when i first learned about the controllers, trafficking, etc i tried to tell everyone
around me...this was important, everyone should know!!*

*but of course, i was completely ignored....understandably, as the truth is so
different than what we have been led to believe it is.*

*but over the past two years or so, i have also learned so much about me.... my energy is so different now.
i'm comfortable in me....moving closer to sovereignty.
and those same people can feel it- they can feel the truth through my energy.
so it is very simple.
we just need to concentrate on walking our own unique path home,
a small ripple.
one of a relatively small number of ripples that will gather momentum as more and more ripples join in naturally when they are ready (either through our influence or of their own influence).
creating a big joyful wave home!
it's so simple and beautifully designed.
divinity!!! X*

(1st January 2023, post)

hi

*i wrestled internally for a long time with regards to the people around me (my family)- the people i love the most in the world but who were so closed and not open to hearing anything i was trying to say (mid 2020-mid 2021).
i was pushing them away/making them dig-in (resistant)....the opposite of what i wanted.*

*so then, i just surrendered....i let go and let god.
it was a simple epiphany....everything is divinely planned, so trust the plan!*

*this "let go and let god" was just giving space, but i filled that space with love and i was open to be divinely guided to help them in any way....i never received any prompts to help, but the energy dynamic did completely change, and slowly (only just recently) the people i love began to show little signs of awakening....on their own terms and timing!
in the meantime, i followed my path and i think this helped them to feel (at some level) what i could not convey in words.*

i hope this makes sense!

.....

(11th December 2022, post)

....

*have you tried talking with your husband energetically?
this is just "an experiment" but i think it may work a treat.*

so...

*each morning say to him (from your energetic body to his) that you will spend time this morning loving and getting to know yourself in order to blossom into the expression of light you are here to be.
tell him that you hope he will join you (when he is ready) in this journey as you would like to get to know his true light too.*

you hope he will choose to join you, as you would like to fall in love with him all over again....as you did when you first met.

and perhaps end with ho'oponopono (to remove any negative energy that may exist between you regarding this).

i think this might help....i hope this helps x

iii. Holding In Love (When Navigating Difficult Times)

(30th July 2023, post)

hi ..., makes complete sense.

yes, it's a very bumpy road at times!!

pls only use what i have written as a pointer....allow yourself to be lead from within. from my experience over the past two weeks, it gets messy but having an openness and honesty seems to allow an unbreakable connection to unconditional love (the heart) and this acts like a bubble that protects you and safely brings you to the surface to finally breathe...delivers you safely to the other side of the emotions.

i think this is what i meant when i referred to surrendering....but it is an active or a participating/fully engaged act, not at all passive.

hope this makes sense.

my love is your love so you always have it my dear friend, buddy!.... deeply and unconditionally x

(15th September 2023, YT post)

..... This has randomly come to mind:- find the point of agreement energetically.

For example, if it is a:-

-friend, agree (energetically) what the friendship is to you both.

-partner, agree (energetically) what a loving relationship is to you both.

- housemate, agree (energetically) what a home is to you both.

Etc, etc...

I feel these agreements can be felt/reached by yourself only if you allow your heart to speak/lead the way (no ego).

Whatever manifests from that energetic agreement will be their expression of that agreement. ...sounds really beautiful....have no idea whether this will work though!!! ...have a feeling it will x

2. An Unexpected Meeting

During a group session with Holly, I was approached by someone. I think, as the head of the family and spiritually gifted, he understood that the world was entering a period of darkness and so, he had made an agreement to ensure his family would be spared and would live prosperous and happy lives.

<https://www.youtube.com/watch?v=zXhJkTBzgrA&t=1s>

(5th September 2023, post)

hi holly, while listening to the session someone approached me....an australian original tribesman.

he wanted to speak with me but i said i'm in the middle of something with holly (and he looked at your grey void and said, "oh, you don't need that!!"). anyway, he sat next to me and waited.

after the session, i wasn't quite sure what to make of him so i told him we can meet another time if my higher self arranges it..... but something made me stay and immediately, a black figure approached me with a pen and paper...i.e. the tribesman was under a contract but the contract was transferrable.

i said no but stayed with the tribesman.

so it turns out this tribesman had signed this contract to ensure his family (for generations) would be free to live their lives happily and abundantly without engaging with the dark.

the tribesman was tired of his life (as long as his family were living, they benefited from the contract...so, I have no idea how long this contract had been active as families go on for many hundreds of years).

i helped him clear everything....there were many dark and horrific deeds done that needed to be forgiven (from every possible angle).

when everything was done he merged into loving light with those he had hurt (his many, many victims) and they entered the light together joyfully.

but this dark figure then appeared with the contract.

i did that "tracing back the cord" thing that you have mentioned a few times before...it led to satan.

i pulled back and felt a solid "no" and felt overwhelming love and expanded my light to absorb or repel both the dark figure and satan.....i thanked the darkness for lessons learned as hema but i now wanted to experience the fullness of the light...the contract was made null and void.

so, this was unexpected...i don't know whether the tribesman was an incarnation of me, i suppose it does not matter.

but what does matter is love and forgiveness and the fact that we have a choice, always x

3. The Use of My Dad

(23rd September 2023) Over the past 8-months or so, I have been attacked quite a number of times by dark beings.

Oftentimes, they would use my dad's image to make contact with me then pounce as I would open up to communicate with him.

Interestingly, over the past 8-months, I feel I have grown a lot and so, perhaps, these attacks were attempts to stifle my growth.... I'm not sure.

I didn't like that my dad was being used in this way.

Anyway, this morning I said that I will only communicate with my dad through his soul essence and I saw my dad then transform (in layered fashion), transforming from form to the brightest of light.

This bright light has the same feeling as my dad. It is my dad in his purest form.

The image of my dad that I know and always saw until now (the 3d being) includes all his goodness and shadows and it was this shadow aspect that, I believe, was the permission slip by the dark to gain access to me.

I just thought this may be of interest or help to you.

4. Always Together

This video captures a beautiful moment. I think such moments are reminders to us of the truth of things.... if we want to see;

<https://www.youtube.com/shorts/QAATTRm9IZU>

There Is No Death, Only A Change Of Worlds.
A Native American Proverb

Truth does not happen, it just is.
Native American Hopi Proverb

One Big Family

2.7
Of the Same Family
(Light and Dark)

2.7 Of the Same Family (Light and Dark)

1. Freewill

Here, in the third dimension (of polarity) we have light and dark and, the fact that we are here means we have chosen to experience and learn from this duality.

In terms of light and dark, in each moment, we choose either to move towards love (our hearts) or away from it either unconsciously (by habit) or consciously by being fully present in the moment.

We are constantly choosing how brightly we allow our light to shine.

Note: my understanding is that this dawning of the New Golden Age of Miracles involves a power struggle between the light and the dark; the dark side wanting to steer as many towards 4d negative through unconscious consent.

2. The Light has No Playbook but the Dark Does

I have grown naturally since 2020.

When I say “naturally” this refers to feeling out the path as I have walked along it. But, I have always, always been lovingly guided with every step taken.

It seemed unfair to me that the dark beings had a playbook (or they knew what they were doing) whereas I had no idea what I was doing simply being in the moment and following my heart.

I soon realised, as beings of light, we do not have a playbook because we are creative beings (omniscient, omnipotent and omnipresent).... we play within the limits of infinity!!!

(29th September 2022, email)

no playbook

i often thought it was really unfair that the dark have the advantage of information, and we do not....we are in ignorance.

i am now realising that it is actually designed very beautifully.

all the information is available to us but only if we grow in a way that enables us to receive it.

we are infinite beings and our growth is never ending.

the dark, on the other hand, have an admittedly very clever playbook but it is very limited (set/static) and is defended and hung onto.....

the cleverness comes from understanding who we are and how to keep us in ignorance.

we have the ability to create...we do not need a playbook....we are free expressions of the divine.

our ignorance is the friction we need in order to inspire growth..... (you often talk about friction and growth too!!!)

but if we are ignorant of our ignorance!!!!.... oh, the gut/quiet voice will always tell us.

x

(11th May 2023, post)

...but that's free will in its fullest glory.

if we were told all this then we would know beforehand to react in a certain way....automatic.

not knowing, we choose in the moment.

that choice in that moment is a true reflection of freewill....the true path that we need to walk.

it's a rather dangerous game to be playing but i think source/our higher selves know we will ultimately all choose the light....may stumble and hiccup a few times but "the force is strong in you ..."

3.The Dark: A Helpful tool (Mirror)

(16th August 2022, email)

*just a thought, my understanding is that everything is based on:
contracts + consent = freewill*

(or something like this)

if we choose to hold the emotion of fear, then we have entered into a contract with the dark (as this is their realm).

ignorance of law is not a defence...is a foundation of law. Likewise, as omniscient beings, if we "choose" to be ignorant then we have entered a contract with the dark to be open to manipulation.

self-responsibility, awareness of who we are (sovereign spiritual beings) and the fact that we chose to be here are, therefore, keys to our freedom

just some thoughts x

(11th April 2023, post)

....actually, for me at least, the dark is a really important part of this journey.....it is a catalyst to move us towards what we want i.e. towards the light or the dark.

it's nothing to be scared ofit is an effective teacher, a mirror and we determine the nature of what is reflected.

if we are scared of the reflection, then we have given our power away.

if we see the reflection as a teacher (for our benefit), we are in an empowered place.....x

(5th May 2023, post)

erm, i'm not sure how this will sound but i am beginning to see the dark as simply an aspect (or reflection) of myself and not "other" or separate from me.

it's in my life because i'm in resonance with it....i'm choosing it.

it's actually freeing and empowering to see things in this way....admittedly, to accept the dark in this way would have felt unacceptable before but this viewpoint seems to dissolve it, and I feel more whole/complete....and more empathetic.

the dark has no power as it is no longer "other"... "other" being the aspects of myself i was afraid to look at.....i was not willing to accept.

Interesting, huh? X

(5th May 2023, post)

oh, i'm soooo glad.

i felt odd with the realisation, but it felt right and liberating.

the dark is not our enemy!!! but thinking it is our enemy gives it its autonomy or power over us!!

glad this made sense to you.

have a very lovely friday x

(2nd April 2023, post)

hi, just watching this video from jc kay.....had to post this clip:-

every negative thought is from the dark

... interesting.

every negative thought is our union/consent/tango with the dark!!

first comes the vibration then the thought...so, my vibration is off to begin with.....naturally picking-up negative thoughts.

so, rather than ignoring (glaze over) or spiritually by-passing the "negative situation" with a consciously sought positive thought, i think (from now on), i shall use every negative first thought as a handy enlightenment tool!!

to go deeper to understand why my vibration is low or why i am not aligned with the light at that moment.

(this shadow work is constant and never ending!!!)

<https://youtube.com/clip/UgkxMCkgKzzQSR9dVQQbG0Gb-sfGg0HBWwd5>

(2nd April 2023, post)

hi ...

*the video is more about jerry and his work in prisons and hospitals (psych wards).
it's really interesting.... how these institutions and pharma have worked together to
enable the dark, and jerry's experiences.*

*i do remember watching "one flew over the cuckoo's nest" as a 12yr-old and
thinking the "insane" are scapegoats and are just (perhaps) misunderstood if we
took the time to understand them.*

x

(3rd April 2023, post)

...

*i genuinely felt for the characters in "one flew over the cuckoo's nest".... i
understand why now!!*

x

4. My Session with Holly

(20th May 2023, post)

i love, love, loooooove this.

*i had a session with holly last week during which she and rob cleared so much
stuff.....what i though was me (the very familiar) was not me but things attached to
me (cords, known/unknown agreements, attachments, etc)... i feel so much lighter
and freer now.*

since the session, the issues that have bubbled-up are authentically mine.

*i'm working through some deeply held issues but rather than rush into the: "it's all
an illusion" thing, i am finding i am feeling through (or immersing myself in) them
but with an awareness that prevents me from becoming "drowned/blinded" by
these issues.*

*i am not automatically following old patterns of behaviour but, instead, have a
genuine curiosity to know these issues and understand why these issues exist so
deeply for me.*

*as a consequence, i'm learning a lot about myself and falling in love with myself.
letting go of these things will be natural once i've understood or seen me reflected
in them...once my heart has recognised "me" reflected in the issues/shadows.*

*once i embrace myself fully; to love myself unconditionally, the outside world will
have no power.*

the dark only has power if i refuse to look at a shadow part of myself.

the dark then is able to trigger me because it's communicating with me via a part of me i refuse to acknowledge as me.

the more i refuse to see (to invest more and more energy into keeping any part of me separate from "me"), the more the dark has "power" over me i.e. the stronger the communication as the dark merely feeds from the energy i have (knowingly/unknowingly) invested in maintaining shadows/separateness.

perhaps it's controversial for me to say this but the dark feels like a helpful friend now....whenever i have been triggered over the past few days it's simply the dark introducing me to a (shadow) part of me i have forgotten existed or re-introduced to.

the dark has become a tool for me to become whole again.

so, i am falling in love with myself more and more; making myself whole as kaia ra explains.

i am loving this journey as i'm finding at the root of my deepest issues/shadows are my most tender and lovely aspects of myself.... ironically, the very best parts of me!

not sure if the above makes sense...i hope it does x

<https://www.youtube.com/shorts/APf4smuI-eU>

5.Ego Portal

(19th December 2022, email)

hi

went to the bank today and had a nice conversation with one of the staff about christmas carols (as she was attending to my banking needs!)

she was determined to be independent and resist being swept away by the christmas juggernaut....but she liked a good christmas carol!!! i mentioned i liked the "ding-dong-merrily-on-high" one!!

anyway, on the walk back home, i think i was invited to the dark side.....a thought was dropped into my head.

i observed it and realised what it was (i felt ugly inside...an ego sense of importance and power).

i started to sing "ding-dong-merrily-on-high"!! loudly in my head.

my heart was full of love and light and i think mother nature and the trees that lined the road joined in with me!!!

i can see how the light turns to the dark....the dark sweeps you away like a juggernaut, if you allow it x

(1st March 2023, post)

that's really interesting.... i have always become passive (allowed the negativity to pass through me) rather than harden (for the energy to keep bouncing off me or me to hold onto the energy).

i have never had boundaries.....felt it important not to be closed off but open to life but i know this is potentially very dangerous.

i think i have not had boundaries because i have always had a solid NO (from the heart) as and when required... i think this is my trusted heart-boundary.

x

6. Ignorance (Being Caught Unawares)

(2nd May 2023, post)

that's exactly it the only reason i realised i was under attack was because i was being pulled into sadness or overwhelming negative state....i could have taken the "accident" to be a premonition!!

i was able to observe and realise it was not me (or natural) but something else influencing me.

i was then able to search within myself for an "anchor" of light and from there say no.

but i do understand that sadness is a part of this process generally, as we are growing and leaving behind what is familiar...hope that makes sense x

(23rd December 2022, post)

hey, i have found that when i'm being guided it feels like a gentle unravelling...expansive, in my own time.

but when it is nefarious, it feels like a quick and hard sales pitch- i'm swept away... if i'm feeling a negative thought, it becomes amplified.

it has only happened a handful of times, but i am aware of it now and nip it in the bud by centring myself in the moment. from this centred place, i can see that the "influence" is not "me" and it ceases to have influence over me.

hope this makes sense x

(12th November 2023, post)

.... looking back, there were occasions when i was approached/attacked by such entities but i did not know what they were and so, just struggled them off (no fear, just ignorance!!!)....my dopiness has inadvertently been my saviour!! but since

becoming aware of such entities (since 2020), i just beam love (unconditional love) and they leave instantly x

7.Boundaries

(20th December 2023, email)

hi

i feel i ought to elaborate on my last email.

*i have a natural tendency to not have boundaries and protection protocols.
i think this stems from the fact that everything is divinity and if something happens,
then it was a necessary lesson i needed to learn.*

.....

(13th September 2023, email)

.....

*i have found, if you surrender control (ego/mind), in this surrendered state, the
unique essence comes through...you become subtly solid (sovereign)...and the
energy flows....everything becomes effortless...or authentic and connected.*

*i have found when things are hard or effortful, i have slipped into the ego or mind
(holding onto expectations, etc).*

boundaries

*like when you make eye contact, you can feel the person (whether they believe what
they are saying, if they are happy or sad, etc).*

*i believe we are meant to allow our energy to explore/feel/interact with the
environment around us.*

*boundaries inhibits or closes off our energy....makes us closed off/separated...like
having your eyes closed.*

*with no boundaries, we are able to follow divine guidance.....no preoccupation with
managing boundaries.*

*i do understand that the controllers created an environment that meant we needed
to protect ourselves i.e. have boundaries. Perhaps the need for boundaries will
naturally dissolve as people feel (unconsciously) that the environment is now safe.*

.....

(5th July 2023, post)

*hi emmie, i always felt uncomfortable with boundaries (i have always felt that life
needed to be expressed/experienced and boundaries were unnatural or prevented
the flow of life).*

but coming into the spiritual world there was an emphasis on protection and boundaries.

ironically, when i have actively put up a boundary of protection, i felt weakened and so, chose not to have these defenses.

instead, while i have gotten attacked, it has been a learning curve for me to understand and stand fully in my light.

funny thing is, the dark beings (for the most part, i have found) want to be shown the light....almost feels like they want to see that their darkness is not as strong as the light.

... the astral..... that's the only place i have felt connected/at peace/oneness/free regardless of what may be happening.

yes.... love!!! x

(6th April 2023, post)

...

2. boundaries

but having no prior knowledge of spirituality has helped me.....i have simply followed my heart.

for example, i still have no protection routine. having a routine means, for me, i would be on alert 24/7....it would be a constant diversion.

i have always felt that having boundaries was an unnatural state of being- closing myself off from life...that i needed to be open to life.

i know this is a potentially dangerous thing to say as people do need to have boundaries in place (given their circumstances) but for me, no (seemingly!)... but i am constantly being taken advantage of (by family and friends) but that's ok.

instead of setting myself or having boundaries, i fill myself with love or ask for help as and when needed.

....

(16th March 2023, post)

hi ..., it's not an attitude or a hard wall/boundary that is consciously maintained.

it's more of an embodiment of energy; a natural (assured) state of being that says "i am of the light".

when the dark beings approached me, they were simply knocking on my door. for the first being, i opened the door straight away and let him in.

for the other two, i recognised them (that there was a "knock on my door").

i chose not to interact simply because i was aware that to do so would involve me changing myself (energy) for them to then do something-not-nice to me!

i think the more i embody this energy, the dark beings will not have the opportunity to knock as i will not be tuned-in to their lower energy (to hear their knock).

i hope this makes sense x

One Big Family

2.8

Into The light

2.8 Into The light

In my experience, over the past two years, I have come to realise that love and forgiveness are keys to liberation for us all.

Most of the dark beings I have come into contact with were drawn to the light; they wanted to return home.

1. Choosing to Return to the Light

(29th April 2023, post)

..
i have only experienced the quantum for about 18 months now.
i have always felt relaxed and led by the heart (or love).
i have never felt fear whenever faced with a dark entity.
because of this, dark beings would approach me because they knew i would open a portal to the light and invite them to enter if they so wished.

you are right.. the light should be the light; full and bright! x

p.s. i have had many attempts to attack me (in these 18 months) but i have always chosen not to entertain that narrative. i somehow knew that it was my choice to engage or not.

the one time i was attacked successfully was when i thought i was in a dream state and did not realise it was real until i felt the physical attack on my body.

the one time i put a boundary up was when i had closed my heart- was fearful, after the above attack. but as soon as i opened my heart the boundary disappeared and the dark entities basked in my light and wanted to be of the light.

...

The following happened after I sent an email. I was in a bubble of protection and I could feel a battle above me. The dark trying to attack me, and light beings protecting me.

(13th August 2022, email)

Please have a look at the attached (an email).

After sending this email, I was heavily attacked later that day/evening/night. But i just settled into my light; i knew i cannot be harmed.

My senses are not honed-in, but there was definitely aggressive "activity"...some bounced off but some were "absorbed" (chose to go to the light).

A funny thing happened, someone came up very close to me and said sorry (like a knight in black armour).

(My mum has been progressively forgetful and recently, as if her ability to think had been drained from her). But i immediately knew that this being had been manipulating my mum's ability to think.

I created a little portal of light and said it could pass through if it liked, and it did. All of a sudden there were many, many, many like knights waiting to pass through. And so i created a line of portals....i actually thought: "this is like trump's wall!!"

The next day, i felt exhausted but i had a busy day ahead helping my sis ahead of my niece's 18th....when i got home, my mum's energy was noticeably different....got her mojo back. And my nephew (who is staying with us for summer holidays from uni) was also perkier...he had been feeling really low of late. They both remain lighter and energised.

I felt a thank you from this first knight. I also felt them all celebrating being free...partying!!

I also felt the need to bathe these knights in love and also, the people affected by their actions. Love being important....the holding "position" for all, to allow each person affected to come to a place of love and awareness (freedom) in the presence of the loving support of all concerned.

what i am trying to say is that we are incredibly powerful....i had no idea i was able to do any of it until faced with a situation and simply followed my heart/instinct

we are, indeed, walking each other home (to love and light) ... all, who want to make that journey x

(23rd November 2022, email)

hi

i just got attacked, nothing i've ever experienced before. really aggressive (attacked from within).

so i was dozing (waiting for 4:30am) and my mind was directed visually- watching "me".

this me was in an office-like corridor, excited to be there and was familiar with the place and knew where to go....i followed.

we entered a room and immediately saw another me sitting up in a bed wearing a hospital gown and my head wired up (eeg). as soon as i saw this (my consent!!), there was a swirl of lights in my head and high energy surged in my body. i thought i was going to die.

i felt over powered, but managed to say: i don't consent, etc, etc.....it did eventually end (probably only lasted less than a minute but felt eternal and frightening).

there was calmness after and i saw small light animals (fish, etc) floating above for a few seconds.

at that point, i wasn't sure whether it was an attack or not.

i asked my guides and higher self and yahshua to clear anything that had been done that was not of my highest good, and it was then that i realised i'd been attacked via my ego (thought portal!!!)

i have been battling with my ego during this 30-day challenge... but this does make sense.....i have felt thoughts inserted into my head before, but i never acted upon them (as they seemed extreme/angry/not me) and being aware of these occasional odd thoughts (realising these thoughts were not mine) i was able to feel them as they were inserted/dropped into my head the next time...no thoughts have been inserted since being conscious of this.

my ego keeps pulling me out of my authentic self. i thought it was just a habit, but i understand now that it's not of my doing or choice (habit) but externally influenced!!

*it's getting ugly but this is a good sign, i suppose!!!
just wanted to let you know....
ok, very late for my date with morgan!!! x*

(26th November 2022, email)

hi

i think something of significance happened yesterday- not 100% sure, as i just do my thing and continue on with whatever i was doing beforehand.

ok, so it relates to the "office-like corridor"....it felt very much like the dark's stronghold, a significant bastion, perhaps the last standing.

first event

i was listening to "just an illusion" by imagination. (i am of the habit of listening to music as i have no-one to talk to, so music for me is like a friendly place to be for a few minutes!!)

while listening, i found myself in the corridor and i just sang and danced along it (beaming light and love....glad to be back, actually!).

but then lots of very dark entities surrounded me, over-filling the corridor.

*i put up a barrier (like an orb of light around me) and continued to sing and dance.
note: boundaries are the point where the darkness meets you- the dark entities were very aggressive against the orb.*

while i continued to sing, i felt scared inside.

but then i relaxed into the feeling of love and the orb disappeared and my light filled the empty spaces within the corridor.

i then flowed (as light) up and down the corridor, playfully in and around the dark entities.

because i was firmly in love, the dark entities were no longer aggressive (they had no fear to react to/feed upon). they simply watched me.

as i was firmly in love (sovereign), i realised that i was trespassing- the corridor was their realm. i did not belong there. so i left.

but once outside, i thought i should give the dark entities the option to leave too. so i created a little hole in the wall and covered it with my hand- a filter to ensure that any dark energy wanting to leave would be transmuted to light.

there was a mad rush of energy that came through the little hole. i had to increase my size to ensure that the light (of me) was not overpowered by the dark energy flooding out.

there was one very dark entity that tried to escape as dark energy but i just increased my size even more to offset its force.

it did feel like the majority of dark entities (in the whole complex) wanted to come to the light.

when the outflow came to an end, i closed the hole in the wall.

the transmuted energy was behind me, but it felt shadowy- remnants of darkness was still present.

so, (i think because you proudly displayed your robe, i suddenly had a robe too!!!)...but i and my robe were of white light with a golden hue and an electric blue tinge.

i walked around to the other side of the energy cluster, and then opened up my robe and walked through it... the sparkles of light were beautiful. the brightest i have ever seen- i suppose, to be extremely of the dark you are also extremely of the light....divinely balanced.

i walked towards the now sealed hole in the wall. once at the wall the remaining darkness (not yet transmuted) was simply a very heavy and dense small ball. i simply rubbed it in my hands and it became sparkles.

the second event

(the rest of the day was really awful...lots of triggers, not sure if natural or the dark getting its own back via the people in my life and things just going wrong!!!)

anyway, later that day as i was listening to shylah ray's "existence", i found myself back at the complex, this time in a room- a lab i think.

i was very much in a relaxed state and singing.

i was, however, very quickly surrounded by heavily armed people.

but i just thought, "you can't harm me"- thinking if they shot me i would simply heal myself as a light being, eternal.

they began to shoot but the bullets stopped themselves in mid-flight!

everything of consciousness (simple to complex forms, all expressions of consciousness) is able to choose to either remain in the dark or return to the light.

the armed people looked shocked!!!

i left, but this time i did not think to help the armed people to the light. i think i knew intuitively that they wanted to remain in the dark.

*i just thought this was interesting...we are all returning home if we want to.
the divine door home is open wide to all of us x*

2. Cross-Over Sessions

During my healing session with Holly, Holly channelled my soul which was a deeply emotional experience for me. My soul explained that part of my contract was to help lost souls cross over to the true light. With the help of Holly, I spent July 2023 doing so.

(2nd June 2023, post)

hi holly

i did my first cross-over session this morning.

i didn't feel deeply into what was happening as i was following my script rather than completely surrendered to my heart/intuition/the moment.

*is there any way for you to confirm that it was done correctly?
or what i need to improve upon?*

*may i ask: how did you know how to do this?
was it by intuition or by instruction?*

for the next time, i will make "it my own" because, in the moments when i followed my heart, i enjoyed it.

thank you holly x

(2nd June 2023, post)

thank you holly... it's funny, i don't use my body (move forward/move back for my yes/no generally) but this morning, my body moved forward strongly and backwards too....so, i knew things were happening albeit not known (fully) to me.

thank you for the support, holly.... x

(14th June 2023, post)

hi holly- hope you are very well.

1. the light tunnel

ok, so i have been doing (cross-over) sessions every monday, wednesday and friday for the past couple of weeks (maybe three!).

the first sessions (week1) were done almost in complete faith. i was barely able to sense what was going on but my body would move forward strongly at certain points so i knew things were happening.

during each of these sessions, i would feel the presence of "the other side" for example, men-in-black type people appeared to see what was going on but i asked the angels to escort them away.

during the first session, there were a couple of flies that felt they were spying as they remained close and still and not "random and flighty" as normally expected.

at the end of the first week, i felt that the sessions would be attacked going forward and so, i asked for protection going forward.

it was then that i saw two white dragons either side of the portal entrance.... there was already protection!

on the monday (the second week), the light tunnel (portal) was attacked but there were so many light beings that came to protect the portal.

it was like a full-on battle.

i felt very protected.

i felt myself morph into a centaur with snake hair and a staff with a red crystal at the end....i felt very solid in myself despite the battle around me.

towards the end of the session, i felt my third eye was taken out (calcified!!) and a new shiny one put in place. i think this was done for my protection so i could see better what was happening around me.

the next session, when i created the light tunnel, there seemed to be a connection between me and the true light and the tunnel was powerful (beyond attack) and the session went by very quickly and unhindered.

the monday just past (third week), as i was creating the light tunnel, i felt it was coming from my heart (which you told me not to do) and so i stopped the connection but continued.

i had to stop the session (close the portal) as dark beings were coming out from the portal (there was a gap between the tunnel and the curtain).

i started the session again, and it went well.

i have found that the red crystal (at the end of the staff) infuses/re-enforces the tunnel with the highest love and light when i touch the tunnel with the crystal.

the tunnel is blessed with fairies (fairy dust) and rose petals (that rain down) so, as the souls walk through, it's a lovely celebration....it's all very playful and loving.

2. dark souls

as well as lost souls, i help dark souls cross over too....all having to be of the light (choosing of their free will)

3. help

i have noticed that there is an angel with a satchel and he collects all the creatures that appear from the ground.... he makes them small and puts them in his satchel and takes them away.

recently, he touches my left shoulder to let me know a section (of the session) has been complete (rather than my body moving forwards)

4. help (everyone)

today, it was really, really lovely.

i had asked if the flowers, trees, grass....my bedroom curtains!!...anyone, would like to help me yesterday and they all did today.

we created the light tunnel together and it was made very special...full of love (as always) and with the individual expressions of these beings/consciousnesses ... they were helping the souls cross over too with their blessings...like a party!

5. two trees and a big tree

the portal entrance is always over the energetic fields of two trees (in the garden). it feels nice and secure.

i mentioned a giant tree (i felt him energetically, for the first time, a few weeks ago) he is me, it seems!

i have found that i can feel into his energy and expand deep into the ground and high up into the sky.

recently, i have breathed with him; to breathe in the toxins in the air and transmute these toxins into good energy and nutrients/gases back out into the air and into the ground....the consciousness of these particles being transmuted to the highest good too.

6. feather

last week, there was the most beautiful small feather from a magpie that i found on the lawn.

it was a thank you.... it was unexpected but i knew straight away it was a gift.... a gift i love very much.

this is everything (so far!).... i'm sure i have missed a thing or two out but these are the main bits (that have come to mind!)

have a very lovely wednesday, holly x

(16th June 2023, post)

hi holly, just an update.

yesterday, (in addition to the lost souls and dark souls), i invited all souls trapped in objects to cross over with the help of the consciousness of the individual objects (the object releasing the soul and the soul wanting to be released)...so, the invite was to both the object and the soul should they both want to.

(the consciousness of the object assisting the soul along with angels and light beings).

today's session was longer than normal (as there were a lot more souls crossing over) but it was very relaxed.

before the last segment (when i ask if all souls have now crossed over and may i close the portal?).....there was a powerful energy that poured out of the portal. i think it was the true light calling out to all souls; to welcome them to cross over... it is safe to come home now.

i will be doing the sessions daily for the rest of the month as i think this is what source/the true light wants me to do now.

just thought i'd let you know ...oh, pls let me know if ever you hear (from the other side) that i am doing anything wrong thanks holly.

x

(2nd July 2023, post)

hi holly, hope you are very well.

i have not been on signal for a little while now but before catching-up on the many, many (!!) messages here, I thought i'd write this message to you about the last few weeks of helping lost souls cross-over.... this was all made possible due to you and so, thought you might like to know.

1. june

i told myself that i would spend june doing this (as after the first sessions it became clear that i was touching the tip of a large ice-burg) .

so, i initially did sessions each monday, wednesday and friday but this became daily and then during the last days in june, it became multiple sessions per day.

each session would last anywhere between 40mins to just over 2hrs (except for one which lasted 15mins when i realised there were no more souls wanting to cross over- this was early on during the last week in june).

the first few weeks were focused on lost souls of the light, negative souls now choosing the light, souls of the light trapped in objects and any other soul of the light (for whatever reason).

2. general set-up

there would always be two trees (at the base and behind the portal) and two dragons either side of me/at the front of the portal.

i would often take the form of a centaur (with snake hair) and holding in my right hand a staff with a pink crystal at the top.

energy would come from this crystal often connecting with my third eye.

a large black snake appeared during the last two weeks to my left. this snake represented my christ consciousness (i think)... signifying that i'm not quite one with it but it is very much present/a guide.

also, there was a pink fire to the side. the souls would drop things into it as they passed.

i had my expanded toroidal field too. i had to attach two rooms/bubbles on top of it.

the first was for souls to sober-up ... there were many souls who had addictive states and so they needed to choose to cross-over in a sober state.

in this room, i placed a pink-flamed fire and along with a round white crystal-like object.... as souls appeared, chairs would automatically appear or they would choose to stand.

the souls would look into the round crystal (for self reflection) and anything that came up that they wanted to release they simply put into the fire.

once ready, they would leave this room and join the queue to cross over.

the second room was for the more high-up negative souls. they would come into the room and automatically an arm chair would appear with a pink-fire in front of it and a round crystal.

this room felt like a vip lounge whereas in the other room, the souls were more of a group/sharing experiences and helping each other whereas the negative souls were very much on a personal/private purging or processing.

3, personal purging

during one session, i found myself speaking to things that i felt were controlling me. i talked to them one after the other....i spoke to money/the banking system, government, healthcare, media/education, victimhood, etc ...each appeared as particular energy.

as i spoke each energy would appear really aggressive initially but as i showed no fear but with a desire to understand and overcome, these energies dissipated.

these energies dissipated once i overcame their influence i.e. they had no power over me.

what was interesting was that whenever these energies dissipated, there would be a surge of beings that joined the queue to cross-over.

i think these surges were the freeing of the negative beings connected to maintaining that particular fear/control of the masses within the matrix.

i had a genuine want to be free of the hold of the matrix when i was doing this.... and so, i was on a roll (determined to find the next matrix "thing" to clear) and all of a sudden i found myself in a room with shelves of books and stacks of books and a man at a desk (like scrooge).

the energy there was awful- putrid and decaying.

this man looked at me in disgust but then he crossed my name out in the book he had opened in front of him... i was no longer "owned" by the matrix.

i then found myself back at the portal.

i can't remember exactly how this happened but i went back to this book room as i knew there were souls there.

the room went deep down into the ground. i went to the bottom and placed the pink crystal to the ground and this enabled souls to flood out of the underground system....

(prior to this, the souls who wanted to cross over came from above and below my toroidal field but this room became the third "stream").

as i came out of the depths of the "room" to the top, i noticed the "scrooge-like" man had changed in energy slightly- he was happy that these souls were released.

i placed a pink-flamed fire and a round crystal by him.

i went back to the portal.

while at the portal, i felt this man was purging using the fire and crystal and i saw him beginning to cross out names in his books.

each time he crossed out a name he felt happier. he knew each person intimately but instead of managing (accounting for) them as an enslaved asset, he was now freeing them.

as he continued to purge and also cross out names, he became happier and younger..... the wife and daughter he never had appeared around him. he was becoming happier each moment.

there were elf-like beings that were now in the room with him. but these beings were managing the "hand-over" process i.e. as all the names in a book were crossed off, the book was taken away (to the light).

over the course of a few sessions, it was nice to see the man transform and the room become emptier of books. once the last name had been crossed off, this man left the room with his wife and daughter, all crossing-over.

4. more

during the 15-minute session, i looked around and there was no-one around...i ended the session.

i felt there was something missing....it was not quite finished.

i asked the universe: " given that everyone has been crossed off the books, all contracts are now no longer valid. all demons and negative beings attached to people must either choose the light or the dark... they can no longer attach themselves to people. can i help these beings cross over if they choose the light?"

i started a session, and there was a flood of beings wanting to cross over. the portal needed to be expanded to enable the numbers to cross over.

it was at this point that i began to do sessions multiple times a day as there were a lot of beings wanting to cross over.

5. even more

once these being had crossed over, i asked who else might want to cross over.... and i realised archons or beings that have separated from the light may want to return to the light.

i started a session and everyone was gathered (the angels and beings of light as well as the dragons and trees and my snake) and i asked if source could help us find a way of helping those detached from the light to come back to the light.

a light being then tied my hands together in front of me and long ribbons of light appeared to float in front of me....i found myself floating in the air above the toroidal field.

beings then approached.

as they touched the ribbons angels or light beings would take them to the portal.

two light beings then guided me to what seemed like a cliff edge and I knew i was to go down... i landed softly quite a distance down. it was very dark but i sat and allowed my energy to flow out of the ribbons. some beings touched the ribbons and were guided to the portal but there were many beings who were unsure and kept back.

i told them that it was their choice and i was just there if they wanted to make that choice.

i split myself into four as i felt these beings were all around me. so, i had four versions of me facing each direction (north, south, east, west) so that the ribbons were available 360degrees.

*no more beings touched the ribbons although i felt many wanted to.
i left and ended the session.*

i did feel these beings wanted to cross over (i felt them communicating with me) but when i asked my higher self whether i should start a session i got a "no" which surprised me.....i got that it was a trap.

so i have not done any more sessions.

6. lovely

there were some lovely and emotional moments during the sessions.

it was a party in the light tunnel....fairies, and many beings from the true light side of the tunnel were present....showering of rose petals too.

i felt that others wanted to be a part of the sessions to bless the souls as they cross over, so i invited all beings and consciousnesses of light to join in too for each session!

there was a moment mid-way through june, i felt a gentle request: "may we cross over too"...it felt like a group felt that the cross over sessions were not for them, that they were unworthy and not important to be considered.... i cried as i felt they had been watching for a while wanting to cross over but had not thought themselves worthy of our attention.

when they had crossed over, a white feather floated down in front of me...i knew it was from them and i attached it to my staff....up until that point, i had not accepted any thanks or gifts from the souls as i felt it was an honour and privilege to be a

part of this but this group had touched me so profoundly that this gift was precious to me.

garlands of flowers were placed around our necks as a thank you (early on) from the other side of the light tunnel, and we were showered with rose petals by cherubs at one point too.

a light being placed a new light heart in my heart as a thank you too during one of the last sessions.

it's been tiring at times but it's been an amazing experience.

thank you for enabling this to happen, holly.

my love and gratitude to you, always x

I loved doing the cross-overs but it was done en masse.

At the end of each session, before closing the portal, I would wish everyone love and happiness but also looked forward to meeting them at some point.

Here is a touching example of a cross-over of a young soldier facilitated beautifully:-

<https://www.youtube.com/watch?v=po63QOscmrM&t=6s>
(1:14:00-1:40:51)

The Organic System

3.0

We, As Divine Creators (An Overview)

3.0 We, As Divine Creators (An Overview)

i. As Above, So Below (the Macro and the Micro)

Whatever you see outside of yourself is a reflection of what is within you.

ii. A Stagnant Pool

The world we currently live in is like a stagnant pool of water created with the use of artificial dams to keep the water confined within a space. The dams (the artificial constructs) were designed and diligently maintained to prevent the natural flow of water into and out of the space.

So, the water is now thick with algae and perhaps very smelly and unpleasant but this is simply the consequence of the actions of those who put in the dams.

The purpose of the dams is not the stagnant pool of water in and of itself but, rather, it is for the stagnant pool to be viewed as the natural state of things.

iii. Free Flow of the Water

If the dams are removed to allow the natural free flow of water, then the stagnant water will begin to move. As this water runs over the mineral enriched stone riverbed, squeezes through narrow passes, gushes and meanders along a winding path, and drops down a series of waterfalls, the water becomes a clear and energised body of water as it reaches a natural plateau. The water is now enriched with minerals, the purest and freshest of water.

iv. A Continuous Flow

This new body of freshwater feeds into the ocean. Clouds form above the ocean and rain falls upon the highlands and so, the flow of water; the natural cycle, continues.

v. Our Awakening

The above is the story of us in this now moment.

Our consciousness is the water. We are the stagnant water and the awakening process is becoming aware of the illusion i.e. the artificial constructs (the dams) and the walk home is the journey to the plateau; to become freshwater.

This journey is, oftentimes, a very bumpy ride where the lifebuoy ring made available to us is simply our surrendered awareness!

The freshwater is the state where we no longer give our energy to any attachments (to any illusions, algae). By having no attachments we become a clear channel to the truth of things; we become free to express our divinity through heart-led creation or expression.

vi. The Organic and the Inorganic

The following posts will focus on the inorganic world (the stagnant pool) and the organic world (the freshwater plateau).

I will start by talking about the organic; how things should be, with the hope that when I go on to talk about the inorganic, you will be able to see the illusion more clearly.

This is important as the illusion is so imbedded in us that we believe it to be the natural state of things.

The illusion is the “solid” foundation upon which we each craft our realities. Everything we believe to be true is structured or understood within the limits of this “solid” foundation of understanding.

But the magical truth is that this foundation is “solid” only because we do not think to question it. Once we see the illusion, the dams crumble.

v. Divine Creators (& Divine Experiencers of Creation)

I hope the above has raised in you the question: why would anyone go to so much effort and trouble to dupe someone so insignificant as me?

And I hope something deep within you will realise that, just like the Creator, you are a divine creator and you have the power to create the world you live in.

We are all divine creators and this is why so much effort has been made to keep us from knowing the truth of ourselves. By keeping us controllable and subservient we create a world that serves another and not us- humanity and nature.

vi. We Choose (Knowingly or Unknowingly)

It is important to state here that we chose to experience this inorganic world and it is important to see it fully as you shine your light (awareness) upon it.

Getting angry (from an ego mindset) is simply getting angry with yourself; you’re still choosing to remain in the stagnant water.

Getting angry (firmly rooted in your heart) is righteous anger; it is a solid “no” to the illusion. It is a very powerful state to be in because you are firmly standing in truth and so, are fully supported by Source.

Beyond the anger, it is actually a time for celebration because you have taken the first step to freedom.

In this great awakening, we each may choose to remember who we truly are as divine sovereign beings of light, or not. Both paths are equally divine; each soul has a unique path.

We are divine creators and we create freely with freewill or by consent. The problem has been that our consent has been actively garnered without us being aware of this fact.

The fact that we continue to live in the stagnant water (the swamp) means that we continue to consent (in part or wholly) to create the inorganic world.

The illusion (the “solid” foundation) has been the key enabling the successful manufacture of our unconscious consent. The illusion is all we know...it defines the fullness of our reality and so, limits what we think is possible.

(15th February 2023, post)

...

*yes, humour puts such a light spin/context on things (allowing "the hold" to loosen).....i think this will be an invaluable "go to" as we all learn and process the truths to come, and ultimately release all that we thought was true.
have a lovely friday ... x*

The purpose of writing these posts is to help expand your awareness of what is possible so that you may create both your life and your world consciously as is your divine birthright.

https://www.youtube.com/watch?v=Ea_BFgHQA8k

The Organic System

3.1

The Organic (An Overview)

3.1 The Organic (An Overview)

1. The Canvass

The canvass is the true foundation upon which we create our reality (our world).

This canvass is the aether within the realm we know as Earth, our home.

This aether is enriched with the full spectrum of potentialities available to each entity embodied within this realm.

For example, on the other side of the aether is my inner sun. My consciousness is always linked to my inner sun but when my consciousness enters this realm, it infuses the aether with my full consciousness. My consciousness then embodies into my body on the other side of the aether.

Once in my body, the full potential of my consciousness is available to me but I am only able to connect to my stream of consciousness to the extent that my conscious awareness permits. I can connect either by going within (via my heart to my inner sun) or by my body's ability to tune-in to it in the aether.

2. Oneness

The aether is rich with all potentialities relating to each embodied entity within this realm.

There is, indeed, something in the air.

The air is not empty but it is rich with all of our potentialities of being.

As divine beings, we as humans, are able to tune into the full spectrum of all consciousnesses.

For example, we can tap into the tree collective consciousness, connect with mother nature or with a single crystal as well as connect with a friend who happens to be on the other side of the world.

Having a totem animal is a really lovely example of our oneness with all.

Each animal collective consciousness holds a particular set of characteristics.

A totem or spirit animal has the specific qualities helpful when navigating a particular issue we may be faced with. A totem animal simply prompts us to embody the consciousness of that totem animal or to switch on or amplify that aspect of our consciousness.

(8th April 2023, post)

....

1. in the air

i'm so glad you can feel something in the air.

everything is alive (including, it seems, cars- inanimate objects, because they hold consciousness).

everything seems talkative too!! i found myself naturally chatting to a rose in the garden and, as i was doing so, realised what i was doing.....a two-way chat, not me talking to it, lol!!

I found the following video fascinating.

Veda Austin had a desire to understand water and in her genuine desire to understand the truth, the beautiful truth was revealed to her by the consciousness of water itself.

<https://www.youtube.com/watch?v=bRe-jdjCdlQ>

The water song:

“Water is the life’s blood of our mother, the earth. Water is the life blood of our own body.”

<https://www.youtube.com/watch?v=KC2FHciQ0sU>

3. The Play (Balance)

Life is played out on the canvass.

Ken Wheeler often talks about nature being simplex and central to this is the idea of pressure mediation or the balance of opposing forces.

Here is a simple everyday example of this natural (authentic) movement to achieving balance:-

(28th February 2023, post)

.....

i love this.

i know that sounds weird!!

but if you see everything as energy.....and one of nature’s rules is balance or equilibrium, then the interaction between you and your handyman was just finding that equilibrium point- the exchange of energy.

before, you would have let your mind determine the balance point- give the benefit of the doubt to him or avoid conflict, etc.

allowing your mind to artificially determine the balance point means that any excess energy would be held in your body (perhaps in the form of a ball of anger that you did not express yourself authentically).

but in this situation, you were allowing nature/your heart to determine the balance point.

the handyman had no option but to match your method of balance i.e. he tried to force you into your mind but you held your ground.

am so happy for you...hope you feel more solid/lighter/empowered in yourself as a result x

(8th March 2023, post)

yeah, the energetic environment.... a person's energy interacts with the energies of the people around them.

so, someone with good/high vibe energy will bring the energy of those around them up to the same high vibe energy (an energetic equilibrium/resting point)..... but those not wanting to have that high vibe energy will walk away...will choose not to tune-in/calibrate with the high vibe energy.

or the person with low vibe energy (if stronger) will bring down the energy of others.

nature is very elegant and simple and beautiful!! x

here are my thoughts on karma being the imbalance of the divine feminine and the divine masculine:

(11th October 2022, email)

...

karma

you mentioned karma in one of your recent videos.

you may remember me mentioning entheos a few days ago; the idea of being in god- embracing all experiences without judgment but with equal enthusiasm.

is karma simply the attachment of energy (based on positive or negative judgment (masculine)) to a thing/experience (masculine)?

judgment (masculine) being the consequence of not being in internal alignment {with the divine feminine}?

4. Flow (Balance)

My understanding is that life (energy) is supposed to flow freely. To enable this free flow are natural circuits or channels or networks. In this natural free-flow state, the balance is found in the balanced movement of energy.

There is no closing-off or siphoning-off of energy (through blocks) but, instead, the free-flow enables more life i.e. the open flow of energy births continued growth and expansion.

The following indicate how the “network” naturally seeks to balance energy for the highest good.

(9th September 2023, post)

hi emmie.....sorry to keep writing to you but having experienced this kundalini thing yourself, are you finding that everything wants to connect with your energy?

i was walking to the supermarket yesterday evening and i felt inanimate objects, people as well as the trees and flowers wanting to connect.....so i did, and my love flowed.....i think everything (consciousness) naturally wants to be nourished with (connected to, be a conduit of) loving energy.

it's really beautiful x

(9th September 2023, post)

woohoo!

hi, yes no effort but i felt the consciousnesses (held in things and in the people) that were wanting to connect with me were starved of energy/love (the unknown/unacknowledged parts of people, for example)so wanting to connect with me to then enrich the body in which the consciousness was held in.

i think this is perhaps how we lift everyone (the tide lifts all boats)... for example, the shopping trolley i touched now holds the energy i gave it and it would raise the energy of the next person who used it

there seems to be a natural and effortless highway (network) ...i love this journey!!
x

5. The Suns (Balance)

I am not sure of the exact details, but when in the sun recently (opened and relaxed sitting in the garden), I felt a natural connection with the sun. Perhaps my openness enabled a connection (natural circuitry or pathway) between my inner-sun and the sun; an exchange of light codes, I'm not sure, but it felt like home and a very natural connection.

6. One Family (One Consciousness)

The True Peace. The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the universe dwells Wakan-Taka (the Great Spirit), and that this center is really everywhere, it is within each of us. This is the real peace, and the others are but reflections of this. The second peace is that which is made between two individuals, and the third is that which is made between two nations. But above all you should

understand that there can never be peace between nations until there is known that true peace, which, as I have often said, is within the souls of men.

Black Elk, Oglala Sioux and Spiritual Leader (1863 - 1950)

Take a breath of the new dawn and make it a part of you.
Native American Hopi Proverb

The Organic System

3.2

The Body

(Our Magical Earthly Home)

3.2 The Body (Our Magical Earthly Home)

1. Fully Functioning

Our bodies are incredible masterpieces of divine design.

When fully functioning, the body is fully:-

i. connected to all within this realm and to all outside of this realm (within the limits of the embodied consciousness of the unique essence).

ii. aligned with (and expression of) the unique essence i.e. all parts work in unison. For example, the heart and mind work effortlessly together.

2. The Truth of Things

Understanding the vibration (the feeling or energy) of things is to see the truth of the thing.

Understanding through abstract words is an understanding one level of separation away from the truth (the vibration) which leads to the possibility of misinterpretation or misunderstanding or manipulation.

(21st July 2023, post)

i am finding that i am less and less looking to understand through words but being drawn to the feel of things in order to understand.

feelings have depth of richness and also, closer to the true meaning whereas words have to pass through filters (of the one interpreting) and then of a selection process (by the interpreter) of what words are needed to communicate their interpretation!!

hehehe.... have my words made any sense??!! x

3. Wisdom (Energetic Intelligence) Not Knowledge

Wisdom, I believe, is the ability to read the moment. Each moment is unique.

Knowledge, by contrast, is imposing a static structure of understanding based on past experiences or ideology.

Wisdom comes from the heart. It is rich with oneness because it is in tune with the specific moment.

Knowledge, on the other hand, is sterile and abstract.

Ask Questions From Your Heart And You Will Be Answered From The Heart.

A Native American Proverb

Wisdom Comes Only When You Stop Looking For It And Start Living The Life The Creator Intended For You.

A Native American Proverb

(10th March 2023, post)

hi, i watched this video this morning.

getting back into jc kay.

"flow with life, let go" (11:26-11:29)..... these words triggered me...felt my body stiffen.

i'm definitely holding on for dear life to something (or my ego is).

i will continue to read the sophia code and work towards moving from my ego's final hold to flow with sophia (life) and have my being within her grace and presence x

<https://www.youtube.com/watch?v=jqxVJu2lGeM>

(reading energy)

(26th April 2023, post)

....

i didn't understand it either but, on this journey, i have found i naturally allow myself to be absorbed into the energy of it (as a way of understanding it at a rudimentary level).

... x

4.Parenting

I thought this was a nice quote:-

Remember That Your Children Are Not Your Own, But Lent To You By The Creator.

A Native American Proverb

5.Health

Mother Nature provides us with everything we need.

I mentioned earlier that I had severe pneumonia. I was so grateful to all the staff at the hospital who had looked after me and had brought me back to full health.

When I came across the idea that Mother Nature provides us with everything we need, I was not so sure as I am here only because of western medicine.

Of course, I have since been proven wrong!!

Urine therapy.... Had I simply drunk my wee (that's an awful thought!!) the enzymes would have been absorbed quickly into my lungs and this would have quickly cleared my lungs, repaired any damage and brought my lungs back to full health within a day or so.

I do like how an honest search for the truth has often left me in a state of awe when I have realised how beautifully simple and ingenious nature is, and I have often chuckled at myself for bumbling my way within a web of self-imposed complexity in my ignorance!!!

6. Fluid Body (and Space)

Also, I have mentioned previously that I naturally found myself in the form of a centaur. I was still very much me but in a different body!!

Given this, I think our bodies can easily change form (to take the forms of our incarnations as encoded in our DNA) ... but only if we accept that this is possible.

(10th April 2023, post)

.....

regarding portals, it feels almost natural to me that if you think of somewhere or someone (to feel the energy of what you want), then you can create a portal for you to either go to that place or person or for them to make their way to you.

perhaps, during your reiki sessions you are tapping into the same energy that your past atlantean life/lives tapped into thus creating a portal to that place you obviously loved.

just my thoughts and speculations but truly interesting!! x

The Organic System

3.3

Our Life's Purpose (Creation)

3.3. Our Life's Purpose (Creation)

i. How Life Should Be

I believe our life purpose is to be the fullest expression of our unique essence; to create uniquely and to experience uniquely.

Our unique consciousness is supposed to playfully create and experience form (the physical); to be constantly experiencing life (itself) anew within this realm.

Life should be a play between the divine feminine and the divine masculine aspects of our selves.

Life should be a free flowing inter-play between the divine feminine & the divine masculine in an ever changing and expanding spiral of creation; a playful learning or expansion of our creative consciousness.

ii. The Current Reality

The only problems we face are the facts that we are unaware of our divinity and we have forgotten (for the most part) how to create consciously.

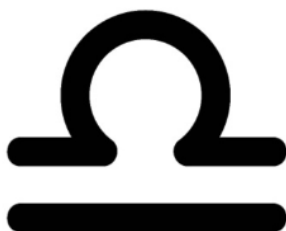
Our consciousness is stuck or trapped (confined to the “known” such as labels/fears/habits/etc i.e. we are tethered to an inorganic reality) and so, our creativity is limited to creating the same thing over and over again.

You must live your life from beginning to end: No one else can do it for you.
Native American Hopi Proverb

2. Libra, September & Conscious Creation

i. The symbol of Creation

It's September and, a few days ago my line of vision naturally fell upon the symbol for Libra which happened to pop-up on my YouTube feed.



I know very little about astrology but when I saw the symbol, I immediately thought of the divine feminine (the alpha, the all, the straight line, the aether) and the divine masculine (the omega, the manifested, the created space from the aether).

The divine feminine can be thought of as the unique essence and the divine masculine being the expression of that unique essence.

The symbol for Libra, therefore, represents divine creation.

From my understanding, Libra is represented by the scales; the divine feminine and divine masculine in balance and in harmony.

ii. Nature's Yearly Cycle of Creation

September is the seventh month and the number seven represents fullness or completeness.

My understanding of nature's yearly cycle is that September is both the ending and the beginning.

Autumn (Fall) is the time to create the new.

Winter is the gestation period.

Spring is the time of birthing.

And summer is the time of expansion or growth to full bloom.

Autumn is then the replacing of the existing creation with a new one.

iii. The Starting Point- The Stillness Before Creation

From my understanding, samasthiti is the balanced stillness or nothingness; the divine feminine.

(20th January 2023, email)

hi

(again just my thoughts...)

the samasthiti in "being" is the sitting in the "flower of life" involving:

- darkness (feminine/unmanifest/infinite potential)

- consciousness (as one, not split into three)

iv. The Spiralling Out Into Manifestation

(20th January 2023, email)

the "beingness" is determined by awareness....awareness as reflected in the different flowers:-



from the balanced stillness (beingness) comes manifestation...a spiralling out of consciousness into form (the masculine) as per golden ratio/fibonacci sequence (design blueprint/rules of the flower of life).

i think this is why i thought i could ride along on channels of consciousness (when lightening-like consciousness came out of me) x

v. Moving From Unconscious to Conscious Creation

(18th November 2022, email)

.....

and moving to oneness (having our awareness firmly based on an understanding that our spiritual potential is expressed in the material plane...the physical is simply an indication or expression of this potential).

...

so, the walk home or "the eyes always looking up to the light" is simply enabling the divine feminine part of ourselves to return to unconditional love deep within. to look within, to descend but ultimately this deepest depth of ourselves no longer is a place of darkness but of the brightest light....this is the homecoming.

sovereignty:- once home, the true self is naturally revealed.....like an ever blooming flower.

the true self is our unique essence (or unique fractal of god).

this is why" "what is your heart's desire", "what do you truly want" comes from, and natural talents are revealed...

to express this unique essence is our divine birthright; it is why we are here....we are naturally magnetised to express this uniqueness.

this is the fundamental principle of sovereignty, i think.

x

(6th April 2023, post)

hi, just watched this.....brice is so funny!!

really enjoyed this and, at the end, brice makes a really good point about why it is the mother (not the father) that carries the bloodline....we are all of our mum's lineage

<https://www.youtube.com/watch?v=DUWF0sixBc4&t=867s>

3. Harmony and Sovereignty

i. Harmony

When we create from the heart space (allow the free expression of our unique essence), whatever is created enhances the whole because the heart is part of the all.

There is no duality in terms of “service to self” and “service to others” because the expression of the unique essence is both.

(26th March 2023, post)

hi ...

i'm not sure if this is helpful but it comes naturally.

i think this “natural state” occurs when i am not in my own way i.e. i seem to be unconsciously working in partnership with sophia... a relaxed flow.

it is only after that i realise, “oh”.

Note: “in a surrendered state working....” is a better description to have used above rather than the use of the word “unconsciously working....”.

(23rd February 2023, post)

hi, thank you for sharing so honestly.

i'm finding i am maturing spiritually.

before i would hold thoughts or intentions and hope for the best.

but as i am becoming more centred in my heart, my intention seems more natural, more powerful and manifesting (i feel) feels like a natural consequence because my heart is connected with everything (whereas my mind is very much separate hence wishful thinking/hoping for the best??!!)

this is still very much early days for me, but exciting x

ii. Sovereignty

My understanding of sovereignty (or a basic aspect of it) is that it is expressed as a unique vibration that naturally attracts all things in resonance with that particular vibration.

Everything of a different vibration is completely understood; the truth of everything else is understood.

The world is richer given the existence of the many, many different sovereign vibrations.

A consequence of this understanding is that harmony and sovereignty become natural companions.

In other words, we are both the divine creator and the experiencer of all that is divinely created.

4. Organic world- Everything is Divinity (or We Allow to Exist for Our Greatest Good)

Everything is an expression of divinity.
Everything in nature creates.

The seed of a flower contains a patterned program. If the circumstances or the right environment exists (water, rich soil, sun light), the seed's full potential will manifest into form i.e. the life force and unique essence (consciousness) will follow the patterned program and a beautiful flower will blossom and grow. Each flower (of the same variety but from different seeds) is uniquely different because each flower seed is a conduit of expression of a unique essence just like our bodies.

We, as humans, can create anything. We can choose to create as per our divine patterning (from the heart) or not.
We, as humans, can create our environment- we can control the weather, for example, as still practiced today by indigenous cultures.

As omniscient, omnipotent and omnipresent divine beings, we have been given the full spectrum of tools to create. It is our divine birthright to create. These tools are only made available to us as a natural consequence of our awareness; our willingness to surrender to our divinity.

The darkness we hold on to and our shadow work journeys are the necessary tools we need to help us see our divinity.

5. Organic World- Energetic Exchange (Giving and Receiving)

We are conscious energy (life force and consciousness combined) and realising that our energy is powerful (it creates), is empowering.
Taking our power back simply means we choose where to put our energy (what we give life to); it is our true currency of exchange.

(25th November 2022, email)

Giving to others never depletes me; it enriches my life in countless ways.

Bob Proctor

...from the quote: "giving" and "enriching" imply a conscious choice to always work to increase abundance (energetically).

..bob would never give to someone who would not benefit (increase energy) for the better.

(26th March 2023, post)

*.....gardening- my mum finds a lot of joy in gardening....it is magical; putting your love, soul and energy into mother earth.
enjoy the peaceful company of your garden. x*

p.s. we're all goddesses x

Here is another gem from Kaia Ra describing the magnetism and effortlessness of joyful creation:-

<https://www.youtube.com/shorts/KyWpsl4GIvU>

6. Conscious Creation – Abundance; Our True Magic and Mastery

Now this is the part where I take you further down the woowoo'ness of our true reality!!

Please trust me... it's staggeringly beautiful but, admittedly, we are quite a way off from it happening but it is the natural destination for us, I wholeheartedly feel in my bones!!

Ok, so....

The word "heart" can be separated out in to two overlapping words: "hear" and "art".

We create (art) by listening to our unique essence (heart).

We do not create using existing things.

These existing things are the creations (the divine expressions) of other unique essences such as the wood from a tree or the gold from the earth.

Instead, we create from within; we master matter from within. Abundance comes from within us...we, like Mother Nature, are the source of abundance.

We create the physical (matter) by holding a thought (a vibration of what we want to create) and we infuse (imprint) the matter with consciousness so it holds the desired quality of form.

Note: matter, I have found, is very friendly and playful.

An example of what I am trying to describe is given in the book: "Autobiography of a Yogi" (p345-352). Here, Babaji instantly manifests a golden palace in the Himalayas.

Further examples of this mastery of matter from the book (p316-7) are the actions of Trailanga- a yogi who: has no hesitancy when drinking poisonous water; remains a very healthy weight despite seldom eating; and effortlessly escapes from very secured prison cells to the bewilderment of the prison guards.

A recent and a really lovely example of what is possible is the Casa Madrigal in the Disney film Encanto.

The house is alive and each person's bedroom is a reflection of their uniqueness; their unique magic.

I realise that this is a cartoon but it resonates deeply and so, that's my divine nudge and I shall trust that.

We have always embodied this effortless and playful mastery; our natural oneness with our environment:-

<https://www.youtube.com/shorts/xSh0XSn4Jv4>

(11th October 2023, email)

....

my understanding is that everything is consciousness.....otherwise, how would a spoon keep its shape, for example.

my understanding is also that basic consciousness can only hold energy projected onto it- it does not have a choice, but merely absorbs energy directed at it.

for example, you can feel someone's energy in their favourite "thing" (garden, mug, etc).

what i have found is that this basic consciousness will happily release bad energy if it is invited to i.e. the energy has somewhere else to go.

(funnily enough, i always felt that pieces of clothing trapped in (or sticking out of) a closed draw or wardrobe door were calling out for help....so, i would always tuck them back in as i would pass!!)

i have also found recently that i tend to naturally radiate love wherever i go now....simply to transmute any bad energy involuntary held but to also infuse everything with love...our natural state as consciousness.

just my thoughts x

(23rd January 2023, book club post: "Polishing the Mirror" by Ram Dass)

hi...me, again!!!

(page 7): "it's not that you do it- it's how you do it, where you are coming from as you act."

*do you find that there's an almost disarming quality or energy to a thing that is done "in flow" (when the divine is expressed freely)?
like a belly laugh or when a mum sings to her baby or when a sportsman is effortlessly masterful....the heart seems to open automatically in recognition.*

i've noticed that when i am fully in the moment, there seems to be a merging (understanding) of energies between me and "it". for example, if the "it" is a problem (having its own energy) and i have my own energy dynamic (i.e. desire for a specific outcome), a solution always presents itself (normally very simple/elegant).

likewise, when i am working towards a goal (the "it"), "it" tells me what is required either through feeling or intuition.

*i know the above sounds a little (very) esoteric but it applies to everything.
for example, a sandwich made with love by someone who loves you tastes different to the same sandwich bought from a shop.
everything is simply energy but manifested in form.
energy giving the quality to the form.
we have been programmed to see the form only and to ignore the energy behind the form/thing (the "it").*

*on the flip side(!), for example, when everything that could go wrong goes wrong in a day....i'm realising that this is the "ugly yoga" and should be embraced as a teacher with an abundance of lessons (re: friction/triggers, etc)!!
but i find, in such moments (when in the ego/3d mindset), this is easier said than done!!*

*i'm also realising that i tend to "be in the moment" when i am on my own but have a tendency to slip into the "mind/ego" when interacting with others.
in the latter instance, i am trying to understand the other person but rather than read their underlying subtle energy, i tend respond to their "loud" ego energy...not sure if that makes sense.*

i find this topic fascinating!
x

Another gem from Kaia Ra this time explaining how abundance is to be found within and not out there:
<https://www.youtube.com/watch?v=g4f-YjvF-Sc>

7. At This Level Of Magic and Mastery

When we are able to create masterfully, our light (conscious energy) will effortlessly feed and nourish our physical bodies; our bodies will be "in ease".

At this level of conscious awareness, we are truly sovereign.

The Organic System

3.4

Organic Structures

3.4 Organic Structures

There have been a few occasions in the past year when I have felt a nudge to post information.

On such occasions, I have been gently guided to the information or the seed of the idea was planted in my mind and I would just allow myself to feel my way to the truth (led by my heart). It would often feel like I was simply remembering things that we all once knew.

Anyway, here are some such posts:-

1. Space and Time

(15th March 2023, post)

hi, for some reason (perhaps me feeling hungry!!) i thought i'd post my understanding of spacetime and timespace...it's actually very simple and very likely you already know this.

before doing so, the following provides a foundation or framework (a primer):

- i. the soul- a fractal of source*
- ii. shakti is the energy or animating factor of the soul- the divine feminine*
- iii. consciousness (purusha) of the soul*
- iv. prakriti is the expression of the consciousness (the divine masculine).*

1. spacetime

*everything (this side of the aether) is a specific expression of consciousness.
the lived expression is experienced as a limited lifetime starting at birth and ending at death.
this is linear time.*

the space element is the physical manifestation of the expression of consciousness.

the "space" is directly connected to the "linear time".

2. timespace

timespace is the perspective of the soul or, at least, the view point from the other side of the aether.

it relates to all possibilities existing in the now.

but the expression of these possibilities cannot be experienced by the soul all at once.

there is a chronology.

specifically, one expression has to be lived in order for a specific expression to be then lived eg. my mum and dad had to meet first before i (as i am) was born.

3. dream

i have felt a little directionless and unsure this past week.

tuesday (early morning) i woke up and remembered that i had had a really odd dream.

but then i realised the dreamtime had been used to run (or play out) the different ways forward for me.

i woke up feeling "sure" like a decision had been made regarding the path i should take.

this is why i mentioned the idea that, perhaps, the game of chess may be based more on reality!!

x

I found this video fascinating...

(19th March 2023, post)

hi everyone, i found this video really, really interesting.

it's short (16mins) from rachel and it covers the mayan calendar (our true time piece) being replaced by the controllers' calendar and clock.

the mayan calendar encompasses (reads) the cosmos and our earth whereas the controllers' time removes us from these energies ...enjoy

<https://www.youtube.com/watch?v=hjoDHtRD3Rs>

2. The Universe

(29th January 2023, post)

hi everyone,

i have had a very strong nudge to write the following three posts.

the posts outline information you already know but have (perhaps) just forgotten. it's time to start remembering or to remember more fully.

please read the posts not with your critical minds but with the spaciousness of your whole being so that the information read can awaken what you already know to be true deep within yourselves.

the posts cover:

post 1: (overview): the mechanics of this realm

post 2: (overview): us

post 3:(overview): our role now.

this information is new to me too but knowledge is power, and this knowledge enables us to consciously act with purpose and with intention.

in a nutshell, this 60-day challenge is incredibly important as we are effectively playing a key role in helping to lay the foundation.

personally, i'd like to lay the best possible foundation for our children; our children (the younger generations and all babies yet to be born) will build upon this foundation to create our new world....how exciting is that!!!

it's a breathtaking honour and privilege to be doing this 60-day challenge with you all x

(29th January 2023, post)

post 1: (overview): the mechanics of this realm

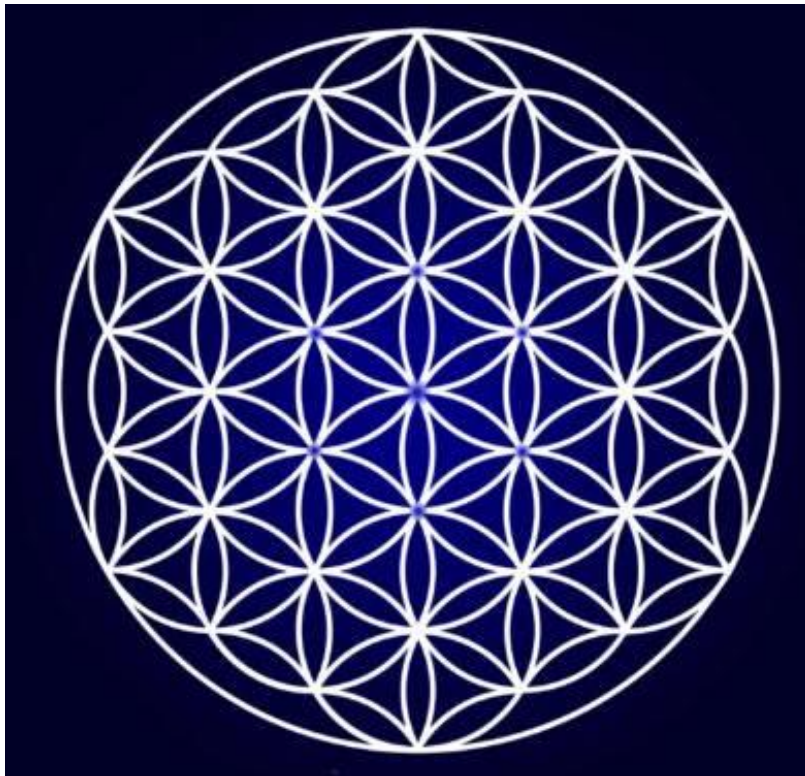
1. the flower of life

the flower of life represents our realm (our home).

it's like our cosmic post code/zip code.

the flower represents the "natural law and order"; the design template for all things within this realm.

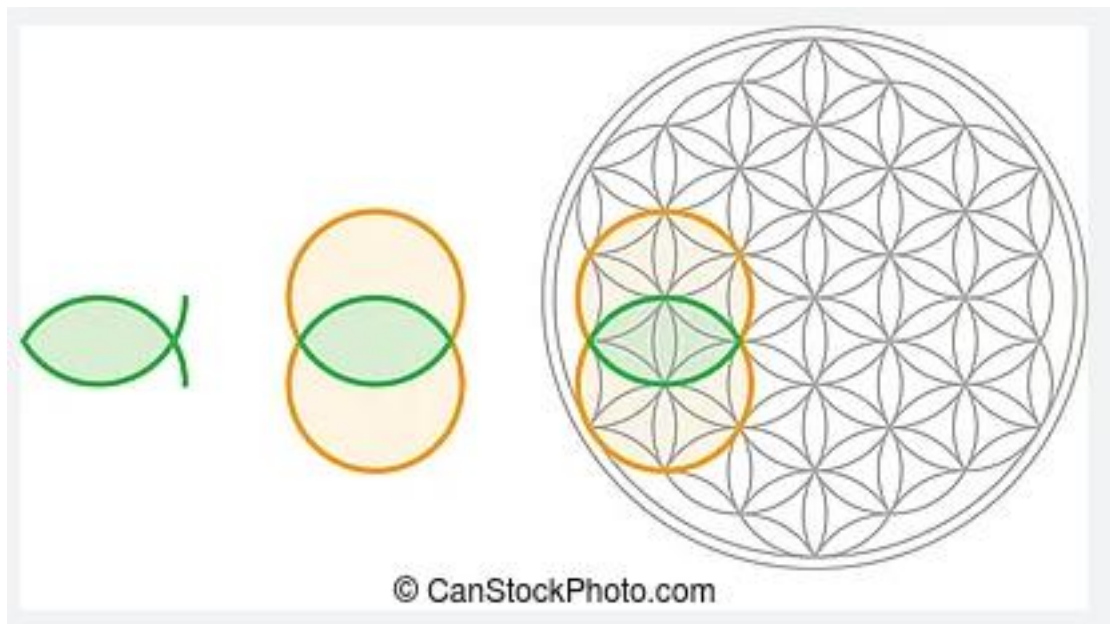
it represents the divine feminine- the infinite, all possibilities within this realm.



2. the fish

the fish represents what is manifest within this realm.

the fish represents the divine masculine- the created.



3. the flower (magdalene) and the fish (yahshua)
 the symbology of the flower together with the fish represents us as divine creative beings.
 this symbology is found everywhere.



4. soul and consciousness
we are fractals of god.

each of us are the unique expressions of the divine in the form of a unique soul and a unique consciousness.

this is represented in the first three numbers of the fibonacci sequence, specifically:

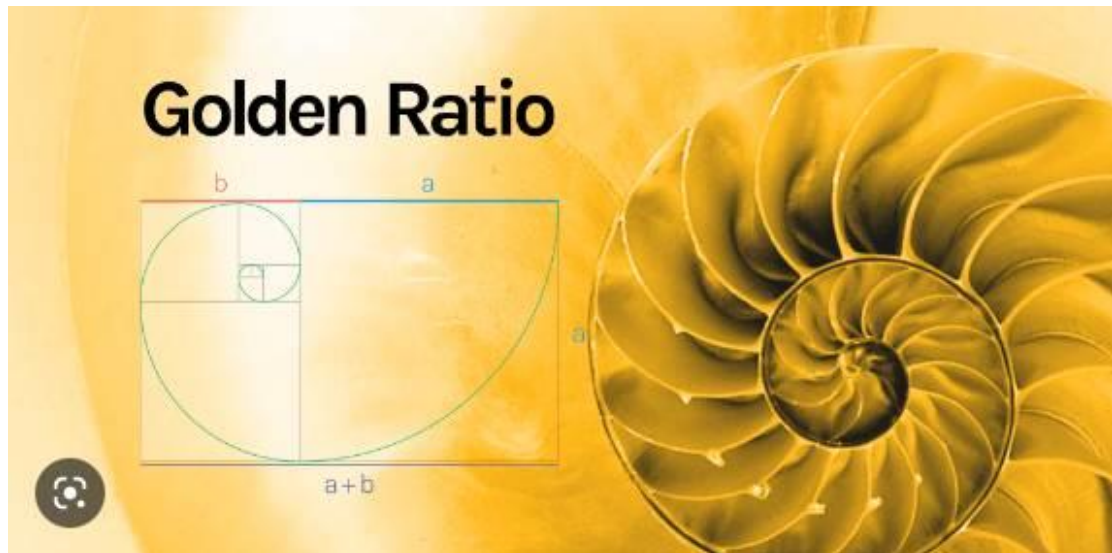
0= the absolute (god)

1= the principal (soul)

1= the attribute (consciousness)

the subsequent numbers (2,3,5,8,13...) in the sequence relate to the manifested form of the unique "principal and attribute".

the golden ratio is the "patterning" of the manifested form when life force is present.



5. consciousness and creative play

as consciousness, we were meant to freely experience this realm- to be creative. "flowy" and playful but also, to be able to enter other realms (post codes) freely too if we so choose.

but our consciousness is stuck (trapped) in energetic patternings within this realm.

the aim of shadow work is to undo these energetic patternings; to free our consciousness.

6. our stuckness

the free flowiness of our consciousness can be explained with the yin and yang symbol.



the black portion represents the feminine (the infinite possibilities) and the white represents the masculine (the manifested).

our consciousness was supposed to be free flowing between the yin and yang; a perpetual cycle of creative expression and growth. the aim: to experience our selves through creative play in this realm.

but our thoughts, beliefs, fears, habit, clinging, etc have rendered us stuck in a loop of creating the same “fish”.

this has been the key mechanism of control used by the controllers...the controllers have created systems and environments designed to allow us to trap ourselves in loops.

7. the firefly

brice has mentioned that on the other side of the aether, “they” see us as dots of light or fireflies of varying brightness.

so energy (or light) passes through the aether and goes in to our form (bodies), but if most of it gets stuck (in negative/positive patterning) then only a little of the energy is returned back i.e. a dim light/firefly is viewed.

a bright “firefly” is simply someone who has little or no energy blocks- the energy is free flowing through the person’s body.

hope the above makes sense....now, on to post 2!!

(29th January 2023, post)

post 2: (overview): us

1. dynamics of consciousness

my understanding is that our consciousness splits three-ways when it comes out of the flower of life and expresses itself in this realm.

*i. the gold: this is the kapha and the lower chakras (root, sacral, solar plexus).
the consciousness as expressed in the physical body.*

*ii. the blue: this is the vata and the higher chakras (throat, third-eye and crown).
the consciousness as expressed in the energetic body.*

*iii. the white: this is the pitta and the manifested "thing".
the consciousness as expressed in the created outside world.*

note: the heart is independent of consciousness but green is also the mix of blue and yellow/gold. i'm not quite sure (yet) of the meaning of this.

2. awareness

from the balanced stillness (the samasthiti, the feminine) comes manifestation...a spiralling out of consciousness into form (the masculine)

our awareness is the filter imposed upon our consciousness; it is the "me"- the beingness of me.

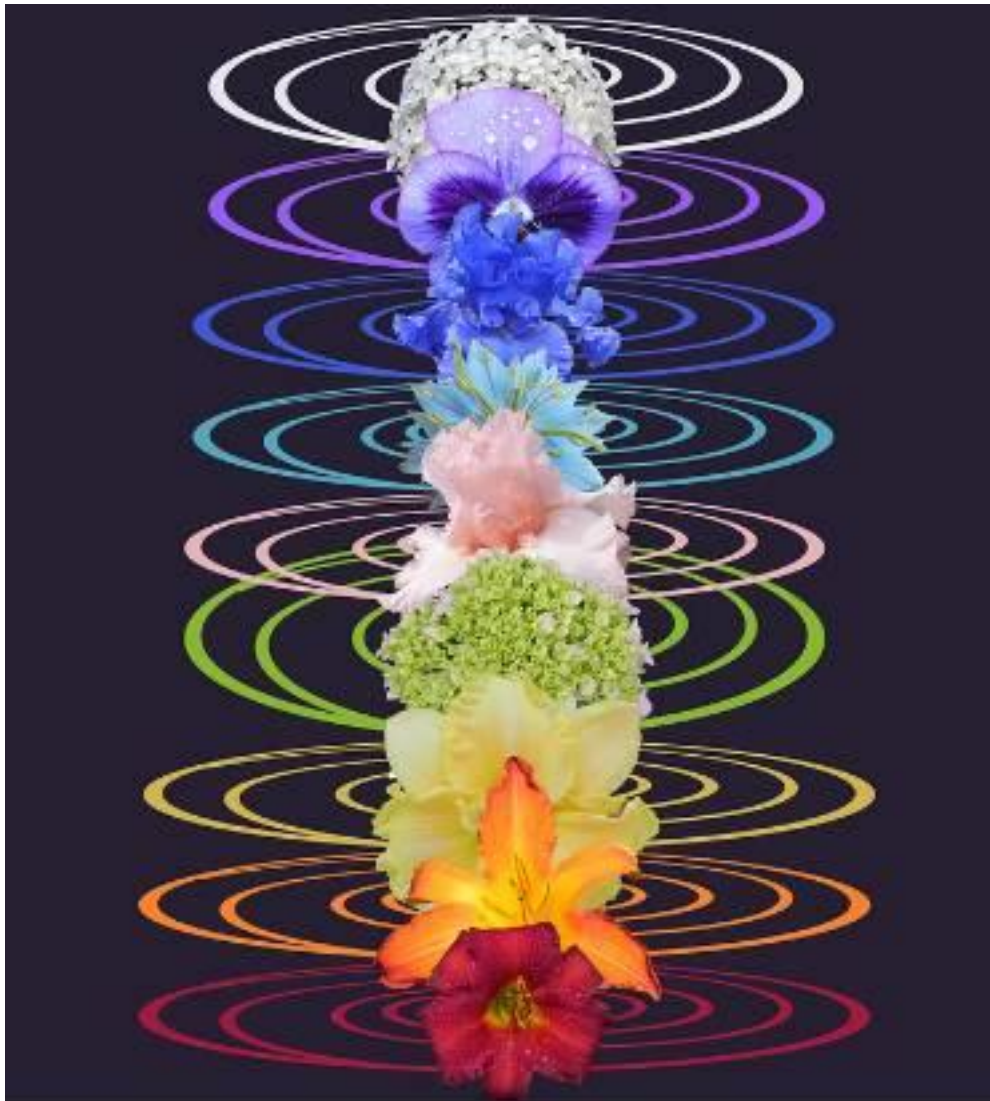
our awareness determines our experience; the brightness of our light.

the lower our awareness, the more pronounced the split of the light; the more distinct the doshas and the chakras are.

this light-split indicates where our stuck energies are.

the higher the awareness, the more balanced (unified and brighter) the light.

our awareness can be represented by different flowers.



3. awareness is the neutral observer or witness involving:

i. the feminine- the resting place of awareness; infinite potential and our oneness with all.

it is the starting place of action; the birthing place of all things, and the place where all things return, and:

ii. the masculine- the non-judgmental knowingness of potentials.

4. awareness is also creative (the doer), and again, by necessity requires both:-

i. feminine (idea/desire selected from infinite potential) and

ii. masculine (fulfilment of the idea/desire).

5. distortion by the controllers

our awareness has generally been limited to the confines of the ego (both as the resting place of the observer and determining the actions of the doer).

i. the distortion of the doer comes in the form of action based from the place of ego whereby action is functional/transactional/means-to-an-end/logical (adhering to outside influence).

ii. (my opinion) the distortion of awareness comes in the form of spiritualism that focuses solely on the feminine side of the neutral observer i.e. the concept of "oneness of being" which renders us blissful but docile and passive observers.

awareness is dynamic in nature and is both powerfully feminine and powerfully masculine both as the observer and as the doer.

6. connected

from my experience, our bodies are amazing cosmic communication devices!

i. my higher self communicates with me through my heart and my third-eye.

ii. my past incarnations communicate with me often through my solar plexus- my gut instinct.

note: solar plexus means: network of light or energy.

iii. i seem to enter the quantum (the astral) via my crown and third-eye. i also seem to get downloads from these chakras (eg. these posts!!).

iv. my quiet inner-voice deep within; now this is amazing, it'll knock your socks off- it did mine!!

i thought my inner-voice was the true "me" but i realised the other day that it is not "me" talking with "me" but it is sophia/god who is talking. i was completely taken aback by this!

god does dwell within.

a temple is the house of god, and our bodies are temples!!

7. christ consciousness

my understanding is that christ consciousness is the alignment of our awareness (our unique consciousness) with our heart (our unique essence) and the divine (quiet inner voice).

it is the experience and expression of our divine uniqueness.

it is heart-led understanding and action.

when i allow my awareness to be in alignment with my heart (as opposed to my ego) and allow it to flow with sophia (my inner voice), the world magically opens up.

in these moments, i feel very solid in intention but have a lightness of action.

i feel supported too.

my actions are naturally expansive and to the benefit of all.

again, hope the above makes sense.

.... on to the final post, finally!!

(29th January 2023, post)

post 3:(overview): our role now.

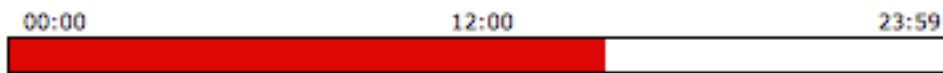
the following explains how our actions (facing our shadows) is moving the collective to a higher timeline.

i hope my explanation below is easy to understand.

i do appreciate that my posts have been an overload already, and i thank you for reading them.

1. design of the clock face (if controllers had free reign)

if the controllers had free reign, the clock face would perhaps be a bar-design.



this bar-design would be ideal to create a sense of scarcity (only so much time in a day) and pressure (time's running out); a perfect tool of control.

this design is also consistent with the controller's idea that time is linear (ever forward moving).

2. design constrained by having to tell the truth

the traditional clock face is round to indicate that time is an illusion (0 being infinity...immeasurable).



this round design also indicates that you start from 00:00 (nothing) and return to nothing, and so the cycle continues.

the centre point (where the hands are fixed) is the "now".

3. each clock face

each clock face represents a person- how that person lives their daily life - how decisions are made, beliefs, habits. etc.
each clock face is on a specific timeline (according to current behaviour/living).

4. stacked clock faces

clock faces can be stacked.

in a stack, the clock faces are linked at the centre point- the now.

when combined or stacked, these clock faces have a collective timeline; a consensus of what timeline is to be travelled along.

5. centre-point of the clock face

the obvious display of brokenness of the current systems and structures (such as the economy/cost-of-living, politics, media, education, healthcare, etc) has been necessary in order to make people think for themselves: "this is not right" i.e. their judgment or inner-knowing is awakened.

this inner-knowing is also the centre point of each clock face.

it is the divine (the inner-voice within each person).

6. the collective

the majority of the clock faces in the stack are no longer resistant to change; are no longer clinging onto the current systems or structures (no longer in the habit of actively maintaining the status-quo)...there is an openness now to the "right" alternative.

i believe we, as light workers, can now move this stack towards the highest ascension timeline...this is why the 60-day challenge is so important.

everything is in place for the light workers to now move the collective towards a much better world.

6. micro/macro

the stacked clock faces resemble a spinal column.

the centre points of each clock face represent the central channel passing along the "spine".

the collective kundalini or christ consciousness is awakened as more and more people are drawn to their respective centre points within the stack.

as more and more light workers are centred in their clock face centre points (through shadow work), this naturally draws others towards their centre points too.

as the systems crash, we (influencing the collective kundalini or christ consciousness) will be the stabilising influence i.e. the collective will feel that "everything is going to be ok".

any crash or "collapse of the existing" is necessary to moving forward to freedom.

isn't this all cool!??

thank you so much for reading these posts and for being a part of this.

all we have to do is work on ourselves.

hopefully these posts have outlined (from a macro-perspective) why your shadow work (at your own pace and in your own way) is so important.

my heartfelt love to you all.

thank you x

3. The Clock Face

(29th January 2023, post)

hi jan, oh wow! never noticed that before- thank you.

i think i heard somewhere that the number 13 is divine/very lucky- it has just been inverted...so the clock is actually a beautiful reminder to us if we can read it properly x



(30th January 2023, post)

hi, regarding jan's post yesterday (her clock and the number 13)...

the below are just my thoughts...unverifiable(!), but feels right to me.

the round clock face is a sublime mirror.

*we are the "13" (either the 13th galactic tribe or the 13th tribe of israel).
we choose, depending on how we look at the clock.*

*if we simply see the clock as something that tells us what time it is, then we are
choosing to be in the matrix; in the mind/ego and consenting to live within the
controllers' structures defining reality.*

*if we, on the other hand, see the clock as a reminder of who we are (or at least,
starting to discover who we are), then the centre point of the clock face stirs
something deep inside us.*

for example, this morning my alarm went off at 4:15am but i stayed in bed.

*i looked at the clock hanging on my wall and then looked at the centre point.
suddenly the lazy-me (my ego) was overridden by something deep within me....i felt
a sudden burst of energy and excitement to start my day (yoga with morgan!!).
i was up and out of bed- my ego (lazy-me) had completely "deferred" to this part of
me that was expressing itself.*

interesting, huh!!!

*p..s. my clock is huge (about 55cm in diameter).... i've had it for a very long time. i
think my guides are glad i finally worked this one outit's quite funny, it's been
literally staring me boldly but very patiently in the face all this time.
i have the eyes to see now!!*

The Inorganic System

3.5

We Are Made In The Image (Separation From Truth)

3.5 We Are Made In The Image (Separation From Truth)

1. The Organic

We are made in the image of the Creator (Sophia, Source, God) meaning: in the organic world, we live freely as divine beings of light; ever expanding, learning and growing as the expression of our unique essence.

2. The Inorganic

As divine beings of light, we are reduced down or confined to a mold i.e. we are molded in the image of the controllers.

i. Separation From Truth

The controllers are beings that have removed themselves (as much as possible) from the divine light of oneness.

ii. Parasitic

Having separated from divine light, the controllers seek to feed off the energy of those still connected to that light.

iii. Subservient To The Needs Of The Controllers

By being molded in the image of the controllers, we are made subservient to the needs of the controllers.

All our energy and creativity (our power) is used to create a low vibrational energetic environment in which the controllers thrive and feed upon.

The controllers' active and tight control of us (without us knowing) is, therefore, their preoccupation.

As divine beings of light, we are their most prized possession; the ultimate trophy in the universe.

iv. Who Are The Controllers

From my understanding, the controllers are service-to-self dark entities that have taken over our planet, but who always remain unseen.

The people (almost all of them) in the highest positions of power and influence worldwide (within royalty, government, law, military, education, finance, industry, science, healthcare, media, religion, entertainment, sport, etc) are in service to the controllers.

This may seem fantastical but I hope you will feel a nudge deep within to keep reading.

The controlling of us is so pervasive; widespread and subtly implemented, that it goes unnoticed by us (the controlled) or it is accepted as the natural state of things.

The following is an attempt to shed some light on how this level of control is achieved so successfully.

To sum, the tools of control seem to be abstract structures defining what is real. Our mind (ego), believes these external prompts to be true and so, we automatically create the dictated-to reality as a natural consequence of that belief.

I hope you can see how magically powerful you are.

The only way to control us is by our own consent. We choose to entrap ourselves. We willingly choose to live within the limits imposed upon us.

3. The Organic And The Inorganic

Before I go on to explain the separation and parasitic aspects of the inorganic, I think it would be helpful to provide a personal view of the two; the organic and inorganic worlds.

I had a corporate job and was building a successful life for myself but I let everything crumble around me (from about 2006 onwards) as I had felt that although this was my life (it was the only thing that was truly mine), I had very little control or say over it and this had left me with a feeling of emptiness deep inside.

(13th September 2021, email to PGI)

I naturally found myself letting go of everything (as I felt I had created a gilded cage for myself). No longer having the noise/distraction of maintaining "my world" (nothing to hold on to) the very quiet voice inside became audible, and I began to follow it...and the magic happened (the answers/paths naturally reveal themselves).

The organic world is loving, friendly, playful, welcoming and abundant but it is solid (unwavering) in truth.

While I appeared to be a complete failure (and embarrassment!!), I was free and when I looked around me, I could see that people were living their lives on what seemed to be like a birth-to-death conveyor belt with each person holding a clipboard and happily and proudly ticking-off the prescribed items of success and respectability.

They were completely consumed in the busy-ness of their lives and could not see (or did not have the time to be aware of) the magic of themselves and of the world around them.

For me, this is an exciting time as hopefully more and more people will choose to put their clipboards down and step off the conveyor belt in order to discover, for themselves, why they have been gifted the ultimate divine gift of life.

..so back to explaining separation and parasitic aspects of the inorganic...

4. Separation From The Truth

Due to there being a veil of forgetting when we are born, we learn from those around us and from the environment in which we find ourselves.

We are separated from our true selves (our unique essence) as we grow into childhood and then on to adulthood through the fact that everything around us speaks to our ego.

Our ego becomes our identity where we identify or hold onto the physical (labels, stories, emotions, etc) to identify or define ourselves.

When in the egoic mind, we are only able to pick-up low levels of consciousness. At this level of understanding, what is seen (the physical) is understood by way of imposed internal and external structures of meaning. At this level of understanding, the mind likes to be in control.

By contrast, when in the heart, we can access the higher frequencies. Here, understanding is through feeling; the vibration (or truth) of things before manifestation. Vibration being the universal language of the divine. At this level of understanding, the sovereign heart is comfortable in the flow or rhythm or dance of the natural world; to be immersed in all that is and appreciating the world anew perpetually.

i. Imbalanced or Incomplete Understanding of Reality

The controllers limit our understanding of the world around us to what has already manifested; the physical or “the proof of reality”.

The physical is the end result of the creative process.

So, we continue to (unconsciously) create the same albeit slightly more of the same or a slight improvement of the same.

The egoic mind, the rational mind and the analytical mind are of the same ilk; all designed to be outward looking.

While these minds are helpful tools, limiting our awareness to these three minds means that our active and conscious connection to our true self (our unique

essence and Source) is switched off as our awareness is limited to the material plane; the past (the manifested).

Our connection to our true self (our unique essence and Source) is in the now, energetically, where creativity is birthed.

(17th October 2022, email)

...

i. in science:

example: the idea of cause and effect i.e the observable (masculine) and the observable (masculine)

i think isaac newton played an important role by creating a masculine/masculine framework of scientific inquiry.

(17th November 2022, email)

hi- "the tablets will awaken a response in your soul"

cause and effect

if awareness is limited to the material plane only, then cause and effect are the mechanisms to logically understand and explain phenomena.

i.e. the reader (physical being) reads (physical act) to acquire knowledge (physical thing)

the emerald tablets can be read at this level, but not truly understood.

potentiality

if awareness encompasses the spiritual and material planes then physical phenomena is simply the expression or manifestation of (spiritual) potential.

the emerald tablets will meet you wherever you are spiritually.

i wondered why the ankh felt alive to me. i think the emerald tablets are of the same design.....

i love this spiritual path x

ii. The Micro- Internal Abstract Structures

The finite (ego/rational/analytical) mind understands finite things.

In its finite capacity, the mind creates abstractions in the form of patterns, habits, associations, concepts, labels, etc in order to understand and navigate the infinite (the world) safely.

It is an understanding largely based upon judgment or hierarchy.

It is a unique artificial construct or patterning imposed upon the natural world by the individual mind.

In my own observations in the past of my mind, when something was unknown to me, I noticed my body would become agitated as my mind firstly searched within my construct (my "known") in order to assign meaning to the unknown. If that was unsuccessful, my mind would search outward until it found something new to hold on to..... increasing my mind's store of "the known".

I found that my mind always needed a comfortable resting place and my mind actively sort it out as an overriding priority.

My mind has less prominence now. It has given way to my heart (for the most part) and it seems natural now for my heart to lead the way. Interestingly, as a consequence of my mind no longer having dominance, I am no longer an emotional eater.

iii. A Perpetual Mirroring (Conformity)

When the mind is tasked with managing one's identity and survival in the world, in order to carry out these functions effectively, the mind needs to be aware and mirror the outside world.

Given this, the abstract structures of the outside world are effectively the pied piper gently steering people (in a hypnotised state) along a desired path; the controller's path.

The steering of us is necessarily gentle in order not to break the hypnosis.

I hope these posts help to break this hypnotic hold; to help awaken you to your magic and majesty and to your mind blowing awesomeness that you naturally are.

(10th February 2023, email)

...

1. cultures (outside egos)

so ultimately (within the current system, at least) the ego surrenders to an outside ego (culture).

for example: i may work for a company and, as an ambitious employee, i willingly embody the corporate culture which is in alignment with who i identify "me" to be. but ultimately, i have to consciously mold myself to fit this outside ego and actively maintain my alignment to this external ego.

so, given this premise of surrender, all organisations are cults.

we are constantly having to adapt to the different cultures (settings of surrender) in our daily lives,

note: in the organic, surrender relates to surrendering to the heart or to allow your unique essence to express freely.

iv. The Macro- External Abstract Structures

The external abstract structures feed the mind's need to know "what to know" from outside of itself.

The mind seeks ideos (thought constructs or ideas) externally whereas gnosis (inner knowing) comes from the heart.

These abstract structures define what is known and what is normal to the mind.

Ironically, these structures rely upon our trust in them and our constant attention (plug-in) in order to be effective.

These structures work in unison to mold our conscious knowing; our awareness of what is real and not real.

As mentioned above, these abstract (inorganic) structures include: royalty, government, law, military, education, finance, industry, science, healthcare, media, religion, entertainment, sport, etc....yes, EVERYTHING!!!

We have, indeed, worshiped false idols.

It is important to note here that many of these structures (and systems) employ good people who are well intentioned and who are unaware of the true purpose of their employer.

v. The Body as the Balancing Item

In the organic, the unique essence is expressed as potential in consciousness (the divine feminine) and as action (the divine masculine).

There is harmony or balance between the inside world (the spiritual or invisible) and the outside world (the physical or visible).

The organic is the fundamental truth of things whereas the inorganic is an overlay upon the truth. The inorganic is a distortion of the truth.

In the inorganic world, the creative aspect of us (the unique essence and thereby the divine feminine and divine masculine aspects of ourselves) is completely ignored.

Instead, action based on egoic or rational or analytical thought i.e. action that is functional or transactional or a means-to-an-end, is the expression of the isolated mind only. It is the distortion of the masculine, "the doer".

As spiritual beings, this type of distorted action causes an energetic imbalance as our minds override (or actively block) the unique essence's ability to express itself.

In this instance, the body becomes the carrier or balancer of the unexpressed energy.

The body becomes closed and tight (holding-in what wants to be expressed naturally).

You may find this helpful... it is possible to parent yourself to your fullness of being:-

<https://www.youtube.com/watch?v=FuFj1brxaAw>

4. An Interesting Inversion (A Final Thought)

Both the organic and the inorganic have invisible and visible aspects.

In the organic, the invisible (the spiritual or creative consciousness) precedes the visible (the thing that is manifested, the physical); the invisible creates the visible.

In the inorganic, the visible precedes the invisible (the abstract structures). The invisible structures (created by the controllers) exist to explain the visible.

The purpose of the invisible (the abstract structures) is to steer the mind to a specific understanding of the physical.

We are steered away (separated) from what we have created believing, instead, that what we have created is more powerful or more important than ourselves.

For example, believing I know nothing, I create the need for education. The education system fills me with knowledge and my self worth is measured by how well I know this information.

The reality:- I am an omniscient being. I already have access to all information but I have just forgotten how to access it.

For example, believing I need to know, I create the need to be told about what is happening in the world. The news media tells me what is happening and I believe I am well informed by how well I integrate current events into my opinions and outlook of the world.

The reality:- my consciousness is connected to everything at every moment. I have just forgotten how to tap into this connectivity.

For example, in order to support my family, I take a job, any job- and I am grateful to my employer to work the long hours at the petrol station because it enables me to put a roof over my family's head and put food on our table.

The reality:- the employer depends upon me. If I didn't open and run the petrol station, the business would come to a halt. I am the aliveness that is essential to the employer's ability function and to make a profit from other living beings.

It's all very subtle and sneaky, isn't it?

It all starts from what we believe.

What we believe is the starting point of creation.

Knowingly or unknowingly, we create from the vibration we embody.

5. Grounding -A Further Final Thought

My understanding of grounding is that it facilitates the balanced flow of energy as it flows in and out of this realm; in and out of the created space.

If we are fully connected to the natural circuitry, the following happens:

- free flow of energy from the aether into our body,
- grounding comes in the form of connection of our energy with the realm circuitry (inner-sun to sun, expression of our divine feminine in the actions of our divine masculine, etc) and
- the free flow of energy out of the body (back to the aether).

In an inorganic environment, however, the mind connects to the abstract structures to "ground" itself i.e. the self-identity/ego is held in safety by calibrating to (grounding to) these external structures.

In an inorganic environment, the body is left holding excess energy (as our unique essence is so much bigger than our ego or any energy required to maintain our energetic blocks).

By placing our feet or hands on grass, sand, mud, stone, etc or simply being in nature, we re-connect to this natural circuitry and we recalibrate to our natural state of being; a free flow of loving energy.

The Inorganic System

3.6
We Are Made In The Image
(Parasitic)

3.6 We Are Made In The Image (Parasitic)

When A Man Moves Away From Nature, His Heart Becomes Hard.
Native American Proverb

1. The Economy- Organising Structure

Here is my understanding:-

i. The Law of the Living and the Law of the Dead

The law of the land (common law) is the law of the living. As living beings, we have free access to all that is natural (nature) in the world.

This is our birthright.

In parallel, maritime law is the law of the dead; the law of the “corporation”. The controllers have carved the Earth into nations or specific geographical areas. Each nation is a private corporation owned and controlled by the controllers.

ii. Transfer of Resources From The Living (Us) to The Controllers (The Dead)

At birth, the controllers assign a share of the natural resources (within a specific geographical area or nation) to each living being within that geographical space. This “share” is held in a “Cestui que vie” trust set-up for each living being at birth.

However, when we are born our parents register our births with the national corporation (the government). This means, our parents have consented to us being part of the nation’s chattel (capital or resources).

Registering a birth means that a corporation is created (HEMA, in all caps) for the living being, Hema.

The abstract structures (government, education, banking, law, etc) all interact with us at the corporation level, HEMA.

We, therefore, believe we are the corporation (HEMA) and are completely unaware that we are giving our energy to a dead entity (the corporation identity, HEMA- the “strawman”) that is owned by the government.

We are completely unaware of the fact that we are sovereign living beings who sit above government with a claim to the nation’s resources as assigned to us by the controllers.

I believe if we do not claim our trust by the age of 21, it becomes the property of the controllers (the trustee) as the beneficiary (the living being) is assumed to be lost at sea or dead.

This is how the controllers bring the resources of the land (the living) into the realm of the dead, maritime law.

Evidence1 (UK Government Is A Privately Owned Company):

Please see Appendix1.

In the letter, HMRC (IRS equivalent) confirms that the UK government is a privately owned corporation.

The UK government does not serve the people but its authority is dependant upon people believing this to be true.

From the letter, legislation prevents me from knowing who owns the UK government.

ii. Evience2 (As Living Beings, We Are The Source of Credit Not The Banks):

Please see Appendix2.

I challenged my mortgage.

I had clear evidence to show that no debt was owed i.e. the bank did not did have the funds to lend me but was wholly dependent upon me as the source of credit to access the funds to then "lend" me.

Despite the evidence, the Judge ruled in favour of the bank. The ruling declared a debt was owed despite the evidence showing that no debt existed.

In other words, the bank had the full protection of the (maritime) legal system and I did not; I (as HEMA) was rendered powerless within the system.

Note1: both appendices are available at:-

<https://archive.org/details/since-2020-the-experiences-of-an-unwitting-being-of-light>

Note2: while pursuing the above, I realised that the people "on the other side" were good people but were unaware of the true nature of the government, banking and law.

Looking back, some of these individuals did help me in very subtle ways.... we, the people, do share fundamental interests that act as a uniting energy amongst us.

(2nd May 2023, post)

oh, when i found out about the children and the matrix in mid-2020s i thought i'd play my part in the background i.e. would stand-up and fight my corner in whatever little way crossed my path.

it was "simple" things like not wearing a mask, and then not getting the jab but then the mortgage issue came along and the annual tax returns. each time, i just thought that while it was completely out of my comfort zone (and oftentimes stressful), it was the least i could do to help.

but, it's all to do with what each of us are happy to do....it's all about freewill and that's how it should be otherwise we are simply bullies too (like the dark) x

2. The Economy- Scarcity of Resources

i. The Source of Abundance

I mentioned previously that abundance comes from within. We create using our consciousness and our divine ability.

We are meant to create from scratch or by vibration which is the source of creation and the source of abundance.

We are meant to understand things by their vibration and so, we are able to craft what we want by creating the quality (vibration) of the thing desired.

We are meant to experience and appreciate the creations of others and see them as a true divine expression of the one who created it.

ii. The Source of Scarcity

As you may have noticed, the controllers' organising system is based upon what already exists (created by nature and by people).... the existing resources that can be seen, measured and counted.

Because we have forgotten that we are creators (due to the veil of forgetting we pass through at birth) we accept the idea of scarcity i.e. there is a limited amount of resources.

In this system, we are consumers of these limited resources and we compete with each other in order to be able to consume either to survive or for pleasure.

iii. Trust and Faith In Institutions

Given the circumstances in which we find ourselves in (a generally hard and unsafe world), we seek protection and safety of ourselves and of our hard earned property through external structures such as the law, police, insurance policies, etc.

In this mindset, it is fair and reasonable to assert that what is mine is mine and what is your is yours.

In truth, whatever "what is mine" is does not belong to me because I did not create it. I have simply taken what is not mine and claimed it as mine.

We have been molded in the image of the controllers.

(I appreciate that the above may be difficult to wrap your head around but just let the idea sink into your body and your body will tell you whether this is true or not).

3. The Economy- Business (Extraction of Profit or Benefit)

The purpose of business is to efficiently organise these limited resources (commodities) with the aim of making a profit.

The inter-play of supply and demand is the organising principle dictating how resources are used.

Typically, labour is undervalued in order to maximise the greatest possible profit.

In terms of personal interactions (the micro), we tend to only interact with another if it benefits us to do so i.e. we seek to extract an objective benefit (profit) from another.

We tend not to get to know someone for no reason other than to get to know them; a meeting and understanding of unique energies.

But when we do have a random or fleeting genuine “human” exchange with a stranger, something inside of us lights up.

In these moments, we are reminded of how things should be and, oftentimes, there is a genuine balanced exchange of energy that is uplifting.....mutually enriching.

Why humanity will always be ok:

<https://www.youtube.com/shorts/my3zStmBcGE>

A contemplative moment:

<https://www.youtube.com/watch?v=W7erWgSoZWY>

4. The Economy- Manufacturing (the Inorganic Creative Process)

i. Manufacturing and the Artisan

The inorganic creative process involves using the physical to create the physical.

Manufacturing is a very rational, practical and functional process whereas the artisan creates from a place of craftsmanship- sculpting a piece of wood into a piece of art or making beautiful pastries from the simplest of ingredients, etc.

(27th April 2023, post)

hi ...,

yesterday, i realised that everything manufactured is soulless....to dumb down our senses.

industrialisation took over from the artisan.

the artisan imbues his/her energy into whatever is created.

the manufactured item is simply made often by machines- soulless creating soullessly.

i had this realisation when i had come in from the garden (full of energy) and into the kitchen (with a change of energy) to wait for a washing cycle to end.

the washing machine has the capacity to hold energy/consciousness but we just see it as a workhorse.

for example, my car holds good energy because i love it and it keeps me safe and protected.

what i'm trying to say is that whatever the dark uses against us, the "whatever" was originally designed for our good and wants to hold goodness.

i hope i'm making sense here x

(27th April 2023, post)

hi ..., there is something nice about washing by hand....bringing a plate back to it's clean glory after it has helped to feed loved ones.

i suppose, it's just bringing a different energy to everyday life rather than a functional attitude to things.... like a thank you.

not sure if that makes sense x

ii. Life Force and Consciousness

In the organic, life force and consciousness (of a unique essence) are the creative energies or the unique signature imbuing whatever is created.

In the organic, what is created is elegant, unique and dynamic (changing or fluid or alive).

In the inorganic, inanimate objects are created and some of these objects are "given life" when connected to a power supply.

In the inorganic, what is created is static (of the same form) and clunky by comparison.

iii. The Power Supply

In the organic, everything is connected to life force and consciousness. Our bodies are the living proof that abundant and free energy is freely available.

My understanding is that in the inorganic, the physical (oil, gas, wind, water, sun light, etc) is used to churn-up the aether to harvest electricity.

iv. Technology and AI

By consistently deferring to an external authority (politicians, doctors, teachers, scientists, experts and advisors, technology, AI, media, etc, etc) we have become dumbed-down and dependent; our consent garnered through taught ignorance.

Our mindset dominated by programs of lack, fear and unworthiness.

We have been reduced to batteries (connected to Source) with limited consciousness.

I believe I am right in saying that the ultimate aim of the controllers is to have us as sources of energy controlled by AI.

But we are sovereign divine beings connected to All (consciousness) which far surpasses the internet or AI.

We are divine sovereign beings of light, so we choose which path we'd like to experience.

I believe the awakening process that we are experiencing is to enable us to make this pivotal choice consciously.

Elsa Dillon has commented that the AI is struggling to keep up with us. (Sorry, I couldn't find the video!!).

I found this really interesting: Magenta Pixie explains how we can bypass the new digital overlay (construct) that is designed to tether our consciousness.

<https://www.youtube.com/watch?v=tpBsmrTABHk>

5. Abstract Structure- Money As A Measure of Value

In the organic, things are understood energetically by the vibrational quality of a thing.

In the inorganic, there is an abstract medium of exchange; money.

A hierarchy of value (as determined by the controllers) is the "objective" standard applied to things.

For example, in business, a cleaner who ensures the workspace is pleasant for everyone is of less value than the salesman who is driven by commission. The "objective" reasoning for this value structure is money; the salesman brings in the money that pays the cleaner's wages.

When the last tree is cut down, the last fish eaten, and the last stream poisoned, you will realize that you cannot eat money.

Cree Indian Prophecy (1983)

6. Abstract Structure- Time

In the inorganic, time provides a structure within which we organise and order our actions.

Time is an effective tool of control to keep us busy and in a low vibration on a daily basis.

There is never enough time in the day and time runs away from us.

But the funny thing I have noticed (and perhaps you have too), when I have been in the moment and in the heart, time expands to allow whatever I need to get done to be completed within the allocated time!!

Time is an illusion.

Time only has power to control if it is viewed as being outside of us and as something we have to try to keep up with.

Here are some thoughts on being lazy..... you may or may not agree but reading it again, it seems to still ring true for me.

(2nd October 2022, email)

hi

...more controversial and offensive thoughts!!

lazy

i think this is the ultimate psy-op...to override intuition (as expressed by laziness).

the playbook: everything is hard, you have to work hard.

god: abundance and ease (a lovely dance of expression...flow).

(i have experienced "flow" and it is effortless and magical....everything falls into place...oneness)

we are each expressions of god, and so the "laziness" is just us knowing deeply that "it should not be this way"...i.e. a recognition that something is wrong.

when we do something we love (in god), we naturally excel and want to learn and grow (self-motivated...endless energy and enthusiasm).

the "lazy" label (as an effective tool of control): it is an effective way of judgment and division....a perfect tool of conformity in an ego-based society (ego being: we curate "who we are").

note: quitting is in the same vein....we are not aligned with it, whatever "it" is!

7. Abstract Structure- Words (How We Communicate)

It Does Not Require Many Words To Speak The Truth.

Native American Proverb

Again, in the organic, things are understood energetically or by the vibrational quality of something.

In the inorganic, communication is by abstract words.

Again, words are a mechanism to steer or spell cast us as indicated by the use of the word “spelling” when referring to the combining of letters to make words.

I have found words (and etymology) to be an unexpected fascination!! Hope the following piques the same interest in you too...

(22nd March 2023, post)

hi everyone, i watched this video (three quarters through...i found the first half to be excellent. i'll try to watch the second half again later today).

laura airica is amazing!

laura has a love of words and is on a mission to change the nature of words (away from negative spell casting by changing our understanding of them).

for example, beautiful is be-you-to-full i.e. be the fullest expression of your uniqueness....isn't that beautiful!!!

after watching, it made me think of the word “god” and the reverse “dog”.

....dogs are faithful companions and are unconditional in their love for us.

it is not a coincidence that these two words are linked.

isn't that lovely?! x

<https://www.youtube.com/watch?v=kuFZk4czSdY&t=5953s>

(22nd March 2023, post)

hi ..., really glad you liked it.....i found it fascinating too!

it's so very simple: our language shapes our consciousness as language provides the tool by which we think and express ourselves.

i did like laurel's fairyness(!!) and her playfulness with words, but mostly love, love, love her mission to change our language in order for it to be a catalyst to expand our consciousness....from a dead language to one that is alive and expansive.

i love the hidden gems in our language too.... love/evolve and earth/heart off the top of my head.

glad you liked it and it's never, ever silly to share....loved reading your thoughts on it...thank you x

(23rd March 2023, post)

*hi, just browsing through the laurel airica website.
i think i have a particular interest as i am trying to unblock my throat chakra.*

*anyway the following thought struck me as i was browsing:-
fortune: is defined as chance or luck.
"fore" means before.
"tune" means sound or resonance.*

*so we make our own luck (reality) starting with us (our beingness) which then
vibrates (creates our world in tune with that vibration).*

wow, our language does reflect the truth of our spiritual nature and magicalness x

*(23rd March 2023, post)
hi awesome, another gem from laura airica.....
we see the world with our eyes.
at the centre of our eyes are our pupils, meaning: we are always learning.
isn't that breathtaking? x*

*(23rd March 2023, post)
...
it's really freeing to view language as an expressive tool not separate from us but
as an intimate and creative expression of us with no limits...to be made our own
and no longer an unconscious device designed to gag and control us.

glad you liked this video too x*

*(24th March 2023, post)
hi, i'm having a love affair with words at the moment.
with my "laurel airica" hat on, i have found some treasures....*

*star/rats:
a star being the ultimate in existence and the rat being generally known as the
grounded scavenger. complete opposites.*

*i then thought of "finding nemo"
nemo/omen.
omen meaning a portent (sign) of good or evil.
omen being "of men" (or o'men) so we are the vessels of good and bad.*

*in "finding nemo", nemo ventures out beyond the safety of the reef to find meaning
(to explore). he discovers himself as he discovers the world around him.*

*but nemo chooses to return home (where his heart is) and his home becomes richer
because of his influence/his presence.*

sounds like our journey home as light workers x

(25th March 2023, post)

hi, i found this one interesting too (another wordy gem)...

diva/avid

diva: goddess (etymology, from latin)

avid: crave (etymology, from latin)

avid (meaning): showing a keen interest or enthusiasm

a diva being the omnificent being (omniscient, omnipresent and omnipotent). the divine feminine being the starting point of all things.

the state of having an avid interest reflects the separateness of the person from the thing that is naturally loved (of the heart of that person).

the person is unaware that he/she already embodies that loved thing; it is already a part of him/her as indicated by having a natural keen interest.

the "seeking to find it" (avid) rather than the "creation from it" (diva).

Interesting, huh? X

(25th March 2023, post)

hi ..., the words were dropped into my mind and, from there, the links/commentaries/connections seemed to come easily (or were self-evident) to me.

it's all a little clumsy when i have consciously sought out the words....

now/won

gut/tug

step/pets

be/ebb

...with no flow of understanding that readily jumps out at me, at least, not yet!! x

(26th March 2023, post)

hi ...,

i'm not sure if this is helpful but it comes naturally.

i think this "natural state" occurs when i am not in my own way i.e. i seem to be unconsciously working in partnership with sophia... a relaxed flow.

it is only after that i realise, "oh".

here are some more wordy gems:

time/emit

time (meaning): linear progression as measured in hours and minutes (days and years).

emit (meaning): to produce and discharge

every "thing" (in this realm or this side of the aether) is an emitted thing existing in linear time with a beginning and an end.

are/era

are (meaning): plural "to be"

era (meaning): a long and distinct period of history

time being defined (categorised) by changes in our collective beingness.

from/morf (morph)

just an interesting combination to note.

.....

(27th March 2023, post)

hi, this just came to me:

smart/trams

the controllers have to tell us their intentions in order to garner our consent.

we are being shepherded by our smart devices x

(29th April 2023, post)

not sure if this is of relevance, but in terms of "s"es.

you have "essence" (we all have a unique essence or unique divinity) and there is also, "essenes".

....

i think "s" has a divinity about it.... but this is just a hunch on my part x

8. The Matrix

Here's Kaia Ra's brilliant and personal insight:-

https://www.youtube.com/watch?v=ih_dDM8VJOE

Closing Comments

4.0 What Now?

4.0 What Now?

1. Prison Planet

The Earth school is a prison planet.

Brice often refers to Earth as the gangster planet; the planet that prompts galactic beings to lock their doors as they fly past!!!

Beforehand, however, the Earth was a beautiful cosmic hub for souls to experience duality or choice.

But, as I understand, when the dark took over and we as humans wanted to learn the extremes of duality, the beautiful diversity of beings left Earth.

Writing about the inorganic world, I realised that nature chose to stay with us fully knowing that it would be abused by us.

Nature willingly stayed to enable us to learn lessons of duality but more than this, touchingly so, nature was our faithful friend; a constant reminder to us of the truth of our divinity as we sunk ever deeper into forgetting.

Thank you, deeply.

2. Native American and other Indigenous Peoples

Reading proverbs and quotes, it is clear to me that the Native American and many other peoples around the world understood that they were living in a time of forgetting but they “held the line” for humanity in awareness, knowing that we would one day awaken and remember.

Again, thank you- deeply so.

We must protect the forests for our children, grandchildren and children yet to be born. We must protect the forests for those who can't speak for themselves such as the birds, animals, fish and trees.
Qwatsinas (Hereditary Chief Edward Moody), Nuxalk Nation

Hold on to what is good, Even if it's a handful of earth. Hold on to what you believe, Even if it's a tree that stands by itself. Hold on to what you must do, Even if it's a long way from here. Hold on to your life, Even if it's easier to let go. Hold on to my hand, Even if someday I'll be gone away from you.
Crowfoot, Blackfoot (warrior and orator, 1830 – 1890)

*All life is sacred. We come into life as sacred beings.
When we abuse the sacredness of life we affect all creation*
Chief Arvol Looking Horse

These videos are a beautiful illustration of the oneness and wonder of being part of divinity; nature.

I believe life is to be lived as a playful adventure in nature with a loving trust and partnership; oneness.

<https://www.instagram.com/p/CpyfV24LWy7/>
https://www.instagram.com/p/CnTJf8ppm_Z/
https://www.instagram.com/p/CT58dqYAYZH/?img_index=1
<https://www.instagram.com/p/CQvliXtgR-z/>
<https://www.instagram.com/p/CP8IAqGgMiw/>

3.The Awakening and the Coming Together of the Light

The great awakening is here.

The light is here to reclaim everything that was taken, inverted and corrupted by the dark and to restore everything back to the light; to the original divine blueprint.

4. Our Freewill Choice: Ego Structure or Divine Structure

Kaia Ra explains that our divinity is incorruptible but (individually) we choose which software programme to operate with.

We choose.

Kaia asserts that the new earth will be created through our embodiment of divinity; of source light and love.

Golden ages have always been created this way....it's the only way.

<https://www.youtube.com/watch?v=YRIuq9N0ChI>

5. As Things Crumble

As the abstract structures collapse, it is important to keep our hearts open; to bring ever more light and divine guidance into our lives.

An open heart is the key to our freedom.

A closed heart imposes limitations (whether self-imposed or imposed by another).

A closed heart is a form of control; the remaining hold of the dark on us.

When we embody love (in every cell), we are free and we return to wholeness ...game over.

(30th July 2023, post)

*...
also, this week, joanne dunn mentioned that there will be two timelines over the next 3 years.*

*the timelines are currently converged but they will split out, then come back together, then split out again and convergecreating a figure-8.
one timeline being positive and the other negative.*

as joanne explained, i felt a deep yearning to glow with love.....and an understanding that the two timelines are simply the illusions or experiences (events, etc) to be experienced over the coming 3 years.

whether "good" or "bad", we (as a collective) will be drawn (more and more) to the middle (the razor's edge) i.e. to walk along the path of love (heart centred/oneness/christ consciousness) and not identify with and react to the external "tvs"/experiences/timelines (or less and less so).

<https://www.youtube.com/watch?v=i2bHgg1X5k>
(2:34-14:00)

6. Beyond (Out There)

In these posts, I have focussed on the areas of:

- i. going within and,
- ii. this realm, Earth.

The following two videos are very interesting (and seem very familiar!!) and relate to what exists beyond constructs and realms. These videos provide really interesting insight in to our consciousness when it is free to explore what is.

Lisa M. Harrison and Darius J Wright interview:

<https://www.youtube.com/watch?v=GEOSsAFCxfM>

Darius J. Wright interview:

<https://www.youtube.com/watch?v=qFwBhxN0GdQ>

7. Only Made Possible

For the past 1-2 years, I have written a lot of emails and Signal posts.

Looking back, my very active fingers on the dance floor of my keyboard was all in preparation for this moment; to bring together this body of writing,

So, I would like to thank Brice and everyone on the Signal chats because had you not be there, I would not have had the opportunity to voice my thoughts and experiences so freely.

So, a very warm thank you to my soul buddies x

8. Bringing This Information Together

At the end of August, I started to write these posts (chapters/articles) just as a thank you to Brice, Holly and Emmie but it quickly became much, much more as I began to be guided and new information would come to me (physically or dropped into my mind).

The primary aim is to make this information available so that those needing to read it would be guided to it.

These posts (chapters/articles) are a centring tool; to help you look within as things around us begin to crumble or become increasingly chaotic.

I have felt so much love as I have written these posts. I think I was feeling the love your guides have for you who are wanting to guide you to this information.

I do apologise for my many, many words but I was guided to include almost everything as people resonate with different things.

While beginning to write about the inorganic, I had a huge mental block. Before then, things flowed relatively well.

I turned off my computer and just sat and closed my eyes and after a minute or two, I asked: "what would you like me to write?"

A knowing floated gently down into me and I felt around it to understand it more- like asking questions. This happened really quickly and I now knew what I needed to write.

I would normally get straight back on my computer and begin to type away but for some reason, and for the first time, I asked:

"who are you?"

"who is helping me?"

And I felt my consciousness being gently lifted up into a bubble of space high above me and in this space was a round table with beings sat around it.

I tried to work out what I was seeing and my mind imposed an image of Megamind:-



and I heard laughter.

What I was seeing were bodies of very bright alive sparkly golden white light.

I felt myself sinking and was held up by the two beings either side of me. But as I started to feel for who the being opposite me was (I was in my heart and not my mind) my chair felt solid and I was no longer sinking backwards.

But feeling for who this being might be felt like scrolling for something that matched.....lots of blank files i.e. I have no data entered (yet) but when the lyran file popped up, I got a yes.

The being to the left of me took my hand and laid it next to hers on the table. My hand was this bright alive sparkly golden white light and hers was of a donkey's....oh, centaur!! Yes, was the reply!!

I think everyone around the table (including me) was everything contained in each "file" that my heart scrolled through but my conscious awareness has no experiences other than with centaurs and lyrans.

I felt like a toddler who joined the adults at the dining table.

It was a really lovely moment. It felt very much like a gathering of members of a loving family. I felt they were happy that I finally wanted to meet them.

I share this with you because our world is opening up and so, I think it's important to share so that the crazy, the mad, the did-that-really-just-happen? moments become normal!!

Before I move on, I'd just like to point out that just as everyone else around the table, I was the very bright alive sparkly golden white light too. The only difference being that my consciousness (as me, Hema) was embodying this light.... like a toddler wearing adult clothes.

The consciousness that normally embodies that light allowed me to take over....the reverse of channelling, maybe??

Realising this, I'm now curious to see if my consciousness can fully merge with this bigger consciousness as we are the same being.

Or perhaps I am supposed to consciously and effortlessly move from a human consciousness to an expanded consciousness?

No merging, just my consciousness moving from one outfit to another; fluid, dynamic and whole and not tethered to a specific outfit, Hema.
This makes sense to me.... but I shall see what unfolds.

Interesting, huh?

9.Thank You

Thank you for reading these posts.

I hope they were of help to you.

There have been a lot of words pointing to the truth but the truth is only found within you and so, I hope I have helped you, in someway, on your unique journey.

In those moments when you find yourself feeling irritable- such as finding yourself waiting in the only queue that's not moving(!!!), notice yourself being irritated and breathe and then breathe again and feel your mind surrender to the rhythm of your body.

In those quiet fleeting moments....just observe: the water going down the plug hole; the ant being busy; the sunlight through a leaf....and notice the spaciousness within you become more spacious and feel your heart open....this increased spaciousness is your unique essence saying hello to you and simply smile in gratitude and feel your whole being smile with you.

This spaciousness is what the controllers have worked so hard to keep you from knowing by keeping you constantly distracted by the external; the illusory reality.

The true reality resides within you ...welcome home x

<https://www.youtube.com/watch?v=s02o98Zpzg8>

p.s. I shall continue to add posts as we continue our walk home x

p.p.s. it's Thursday, 27th September 2023 and I was prompted to watch this video as I have my breakfast.... golden white light.

Hope you find it interesting too x

https://www.youtube.com/watch?v=_tv0c_IeBRs

p.p.s. I love this song and video. It is only now that I understand why scribbles in black ink are laid over the images of nature (the organic). These scribbles signify the inorganic tools (AI, black goo, spiders, etc) that we are generally unaware of but are used to negatively impact our lives greatly.

When I made the decision to write this book, two large spiders attached to my face and drained me of all energy for two weeks until my friends in the garden made me aware of them (p174).

<https://www.youtube.com/watch?v=cFH5JgyZK1I>

Our Continued Walk Home

5.0

The True God Of Love

5.0 The True God of Love

(25th September 2023)

And beyond all of this, I know that it can be very scary when the religion or the faith that you have grown up with, you now understand to be compromised.

I know that that can be very scary but I am here to tell you that, on the other side of that fear, is peace.

And there is a God.

There is very much a Source Creator God and that Source Creator God, the real God, would never ask you to do anything like a sacrifice.

The real God would never send you into the pits of hell because you didn't believe something properly.

There's no blackmail. There's no coercion.

None of that exists with the real God.

And I am here to tell you, you who is watching this right now, you are more precious than anything in this world.

Your soul is precious. You are a light. You are a fractal of God and you are loved; more than you can even imagine.

You were put on this Earth for a reason. And if you were not here on this earth right now, you watching this right now, no matter how small you think your life is, no matter how insignificant you think your life is, if you were not here on this Earth right now, this would all fall apart.

That is how important you are.

We know from the Law of One that every soul that walks on the Earth right now was appointed to be here at this time. There are no new souls on the Earth at this time. All the souls that are here are old souls.

Why? Because the old souls can handle this.

It's a tough battle that we're in but we can handle it.

So, you watching right now, no matter what's going on in your life. No matter how much you feel like the odds are stacked against you.

I want you to know that you matter.

And you have the love of God.

There is nothing you have to do to gain that love.

You are that love.

You are that.

No pastor, no preacher, no spouse, no friend- there's no one that can dictate what God means to you.

And people who use God as a weapon, be very careful of those people.

On the positive side of this, on the side of light, there is no elitism; there is no pecking order.

There's no royalty.

There's no: "oh, these people matter and those people don't".

No my friends.

On the positive side of things, we all equally matter.

We are all fractals of God and I really want you watching to understand that.

Please, please, please understand how special and precious and magnificent you are.

The same God who created the Rocky mountains also created you.

You are powerful. You are special and I thank you for being on this Earth right now.

Please do not let anybody, especially some piece of shit who comes from this Dionysus cult, convince you otherwise.

Brice Watson

Mystery Monday: The Cult of Dionysus. The Start of Secret Societies

<https://www.youtube.com/watch?v=65vZ-nM7rDo>

Our Continued Walk Home

6.0 Magdalene

6.0 Magdalene

1. Madala

On pages 157-8, I mention that the madala represents our wholeness of being as we live our current lives.

Specifically, being connected with all our incarnations (to embody them) we are able to live as the fullest expression of our unique essence.

(Our unique essence is our divine feminine aspect).

2. Magdalene

Magdalene represents the divine feminine aspect of Christ consciousness.

Magdalene is also closely associated with the red rose.

Magdalene was born into a very wealthy family and was an extremely gifted and powerful priestess of great wisdom and love.

This is in stark contrast to the descriptions of her in the canonized texts.

3. The Collective Madala

The red rose represents the collective madala for humanity.

The collective madala represents our collective unique essences.

Each petal (unique essence) represents all the lifetimes of each unique essence.

Magdalene, as the divine feminine, is at the centre of the collective madala; Magdalene holds and connects us together.

By believing Magdalene to be insignificant and lowly (and not wanting to be associated with her or to know her), we consent to the destruction of our collective madala.

It's time for our collective madala to be restored and strengthened simply by our awareness of it and its importance to us.